



A newsletter for cancer patients,  
their families and friends.

*Celebrate Life!*

Oct/Nov/Dec 2020/Jan 2021

**ONCOLOGY SUPPORT PROGRAM of HEALTHALLIANCE HOSPITAL**

*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.*

*Since 1994*

**Individual and Group Support—Healing Arts Classes—Wellness & Integrative Programs—  
Educational Lectures and Discussion Groups—Library of Cancer-Related Books/Resources**



**SUPPORT GROUPS/PROGRAMS ARE OPERATING VIA ZOOM OR PHONE  
DUE TO COVID-19**

**OSP Social Workers continue to be available for your ongoing support.  
Please call (845) 339-2071 to speak with a member of our staff.**

## Oncology Support Program

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: <https://www.hahv.org/oncology-support-program>



**HealthAlliance**

Westchester Medical Center Health Network

[hahv.org](http://hahv.org)

**ADVANCING CARE. HERE.**

Greetings from OSP,

We look forward to a time when our support groups and programs can return to the Reuner Cancer Support House since we miss seeing you in person and know you miss one another as well! Until we are certain of your safety in relation to COVID-19, we are holding almost all our groups through the Zoom online platform or by phone. We are delighted that so many of you are participating in this way. During this time, our staff continues to be available to offer individual support, so please don't hesitate to give us a call. Our team has actually expanded to include two graduate interns, James and Sara, who are also looking forward to meeting and supporting you.

If you have stopped by the HealthAlliance Hospital, Mary's Ave. campus (formerly Benedictine), you will see that construction is underway to create a renovated hospital. For now, most services except the Infusion Center are at the Broadway campus but will be returning once the renovation is complete. We thank all those who are working so hard to create a newly improved hospital to better meet our community's needs.

As you can see by this newsletter, OSP continues to offer a rich array of support groups, wellness, healing arts and educational programs. We are even hosting, via Zoom, our annual holiday celebration and a community reading by our memoir groups. If you need our assistance learning how to use Zoom, please give a call and we will walk you through the steps.

We hope you stay safe and look forward to connecting with you in the months to come.

*Ellen Marshall, MS, LCSW-R, OSW-C, Director of the Oncology Support Program*

**ONCOLOGY SUPPORT PROGRAM STAFF**

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

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

**Certified Palliative Social Worker:** Jennifer Halpern, PhD, LMSW, APHSW-C, ext. 101, jennifer.halpern@hahv.org

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

**Founder:** Barbara Sarah, LCSW



Front: L to R Elise Lark, Ellen Marshall  
Back: L to R Doris Blaha, Jennifer Halpern



*Hello! I'm so glad to be interning at the Oncology Support Program this Fall. I am currently pursuing my Masters of Clinical Mental Health Counseling at*

*Antioch University and I am at the end of my second year. What fascinates me about counseling are the connections we make with one another and how, through awareness and kindness, we can help each other face our challenges. I look forward to learning how this relates to life at OSP and to sharing that journey with you all. Thank you so much for giving me this opportunity.*

*—Sara Loughlin*

*Hello! I am entering the final year of Fordham University's MSW program as a Palliative Care Fellow. I entered the program following a career in film, television, and radio production (as well as a period of being a stay-at-home parent of two kids), in the hopes of finding a more meaningful professional challenge. I was drawn to social work in large part because of the way it puts a premium on the individual's understanding of one's life, experiences, and the future one wishes to have.*

*I think this commitment is especially present in palliative care's holistic approach to working with people facing serious illness. People are more than their diagnoses and by placing social, mental, and spiritual needs on equal footing with medical status, the palliative care approach reflects my values around individual choice and diversity. I'm grateful for the opportunity to learn at OSP and can't wait to get started!*

*—James Askin*



# SUPPORT SERVICES AT OSP

The following groups are continuing to be offered.

You can connect to a support group online through Zoom or by phone.

If you would like join a group, please call OSP at (845) 339-2071

**Women's Cancer Support Group**, facilitated by Jennifer Halpern, PhD, LMSW, APHSW-C. 3rd Fridays, Oct. 16, Nov. 20, Dec. 18, Jan. 15, 11:00 a.m.-12:30 p.m. Share common concerns and learn about living with cancer during and after treatment. Please contact OSP at ext. 101.

**Linda Young Ovarian Cancer Support Group**, facilitated by Ellen Marshall, LCSW-R, OSW-C. Wednesdays, Oct. 28, Nov. 18, Dec. 16, Jan. 27, 7-8:30 p.m. An informative and supportive setting for women diagnosed with ovarian cancer at any stage. Please contact OSP at ext. 103.

**Men's Cancer Support Group**, facilitated by James Askin, Social Work Intern 1st Wednesdays, Oct. 7, Nov. 4, Dec. 2, Jan. 6, 6:00-7:30 p.m. A supportive, confidential setting for men who have been diagnosed with any type of cancer. Please contact OSP at ext. 100.

**Caregivers' Support Group**, facilitated by Jennifer Halpern, PhD, LMSW, APHSW-C. 3rd Wednesdays, Oct. 21, Nov. 18, Dec. 16, Jan. 20. 5-6:30 p.m. Bringing caregivers together for mutual support for the unique challenges they face. Individual support also available. Please contact OSP at ext. 101.

**Younger Women's Support Group**, facilitated by Elise Lark, PhD, LCSW, OSW-C. 3rd Thursdays, Oct. 15, Nov. 19, Dec. 17, Jan. 21, 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. 102.



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/)

## Cancer & Finances?

Diagnosed with cancer and wondering how to pay for treatment-related expenses? Benefits Advisor from the Resource Center for Accessible Living (RCAL), Debbie Denise, is available through OSP via Zoom to answer your questions:

- ◆ *How do I apply for Disability and/or Medicaid?*
- ◆ *What do I do if I have a "Medicaid Spend Down?"*
  - ◆ *How do I set up a "Pooled Trust?"*
- ◆ *What is "Spousal Refusal" and how may it help me?*
- ◆ *How do I return to work without losing my disability?*

**2nd Mondays,**

**Oct. 12, Nov. 9, Dec. 14, Jan. 11,  
2:00-4:00 p.m.**

To register for an informational session, please call (845) 339-2071 at ext. 100 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)



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

Whether we are newly diagnosed with cancer, a long-term cancer survivor or a caregiver, a cancer diagnosis can be overwhelming. In this group, we will explore practical skills to help us regulate our nervous system and find inner balance as we face cancer-related stressors, from anxiety related to medical procedures to fear of recurrence. This group integrates techniques of somatic experiencing, yoga breathing practices and mindfulness.

**Facilitated by Ellen Marshall, LCSW-R, OSW-C**

**Oct. 19, Nov. 23, Dec. 21, Jan. 18,**

**11:00 a.m.—12:30 p.m.** Pre-registration is required to attend this group so please call OSP at (845) 339-2071 ext. 100 or email:

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



## 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 call the Oncology Support Program at (845) 339-2071 ext. 100.

## Living Well with Advanced Cancer

**1st Thursday., Oct. 1, Nov. 5, Dec. 3, Jan. 7, 12:30 to 2:00 p.m.**

**Facilitated by Elise Lark, PhD, LCSW, OSW-C VIA ZOOM and PHONE**

A group for individuals with advanced stage or recurrent cancer who wish to explore pathways to a more fulfilling and meaningful life.

*Testimonials below written by members of the "What Really Matters" support group, which has changed its name.*

*By renaming the group, we hope to better describe who we are and encourage new members to join us.*

*As a 2-year survivor of stage IV Lung Cancer, I was (initially) terrified, confused, and in need of emotional support. I needed help spiritually, to learn as best I could to face mortality on my own terms and to live well despite my diagnosis. This group is an oasis of compassion and helped me to find acceptance. ~Josh C.*

*I am encouraged to continue to work toward my purpose of being...no matter what my state of health is. ~ Kristy B.*

*It is inspiring to realize I'm not alone on this dark journey but can continue to live and prosper and especially, think positively. ~Susan N.*

*In a safe loving setting, we are able to share our experiences facing serious illness and the fear and insecurity that often accompany that journey. ~Janine M.*

For further info or to pre-register please contact Elise Lark at (845) 339-2071 ext. 102 or email: [elise.lark@hahv.org](mailto:elise.lark@hahv.org).



## Choices & Wishes: Advance Care Planning Workshop

**Date: Thursday, Nov. 12, 5:00-7:00 p.m. VIA ZOOM and PHONE**

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

This Advance Care Planning workshop will provide an overview of the Health Care Proxy, Living Will and MOLST documents and will help you 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.

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) and we will provide you with the Zoom link.

*If you are unable to attend the workshop or need additional assistance, 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.*

## Loss and Bereavement Support Group with Marjorie Berman, LCSW-R

**Weds., Oct. 14, Nov. 11, Dec. 9, Jan. 13, 10-11:30 a.m. VIA ZOOM and PHONE**

Grief is often many-layered. You may have experienced the death of a parent, a partner, a child, or friend from illness, including COVID-19. Other losses may be stirred up as we grieve. Through guided meditation, mindfulness, sensory awareness exercises and discussion, we will explore, share and process our unique loss stories in a non-judgmental environment that supports our healing.

*Marjorie E. Berman, LCSW-R practices individual, family and group therapy in Woodstock, NY. Her practice includes working with people living with illness and their loved ones.*

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

For further information on linking with a Nurturing Neighbor or becoming one yourself, please contact OSP at (845) 339-2071 at ext. 100 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

## OSP Memoir Writing Workshops

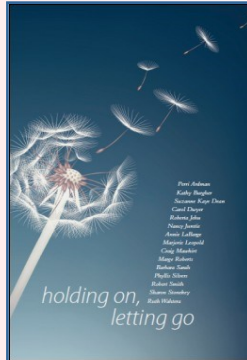


Members of our community who are affected by cancer have an opportunity to support one another by writing and sharing memoirs.

**Thursday Memoir Group**  
facilitated by **Abigail Thomas**,  
**3:00-5:00 p.m.**  
Via Zoom

**Friday Memoir Group**  
facilitated by **Ann Hutton**,  
**2:00-4:00 p.m.**  
Via Zoom

For information or to join a workshop,  
please call (845) 339-2071 at ext. 100 or  
email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)



To purchase a copy of *holding on, letting go*, written by current and past members of our Thursday Memoir Group, Call OSP at (845) 339-2071

## Public Community Reading

by our

**OSP Memoir Writing Groups:**  
AN ONLINE PROGRAM VIA ZOOM

Please join us for an evening of readings by members of our Thursday and Friday memoir writing groups.

Writers will have an opportunity to share their work with one another, their family and friends. We will have the chance to come together at last, even if it is just through the computer!

Make yourselves comfortable at home, grab some snacks and drinks and enjoy hearing one another's stories and celebrating one another's lives.

**Friday, Nov. 13, 7:00—9:00 p.m.**

If you are interested in attending, please call OSP at (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)



## CREATIVE ARTS GROUP

Our **weekly online group** provides a vehicle for you to connect and share in the creative process.

What a wonderful way to counter the isolation we are feeling and be inspired!

Try collage, painting, drawing, jewelry making, fiber arts, knitting, creating homemade holiday cards, ornaments, gifts and more!

Bring your own ideas to share. No art experience is necessary.

Our group is facilitated by volunteer artists & art educators, **Marilyn Fino & Bev Nielsen**, along with guest artists.

**Fridays, 12:30-2:30 p.m.** VIA ZOOM For information or to join a workshop,  
please call (845) 339-2071 at ext.100 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

**SPECIAL: Fall Watercolor Workshop**  
with Professional Artist, **Fred Marshall** via Zoom

**Date: Friday, Oct. 16, 12:30-2:30 p.m.**

In this workshop, Fred Marshall will demonstrate the basics of watercolor technique. Participants will have the chance to learn from Fred's demonstration and subsequently work on a painting of their favorite autumn scene. Since this workshop will take place via Zoom, please have your own set of watercolors and watercolor paper available.



Autumn Scene by Fred Marshall

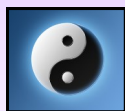
For further information or to register and receive the zoom link, please call OSP at (845) 339-2071 or go to: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

## WELLNESS/EXERCISE PROGRAMS VIA ZOOM

We look forward to the time when OSP-sponsored exercise classes will resume in person, but for now we are continuing to offer the following classes via Zoom. If you are interested in attending, please call OSP at 845 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org) and we will send you the Zoom link.

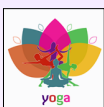


**Tai Chi Zoom class with Annie LaBarge: Mondays, 10:00-11:00 a.m.** Learn Long Form Yang Style Tai Chi, a moving meditation and slow-motion martial art. The practice increases cognition, strength, balance and flexibility.



**Medical Qi Gong with Betty Gilpatric: Fridays, 8:30-9:45 a.m.** Learn simple yet powerful techniques based on traditional Chinese healing practices to improve your health and sense of well-being. EBQT or Evidence-based Qigong was developed by Dr. Yan Yang PhD, who is a researcher and instructor at Memorial Sloan Kettering. There are also a few YouTube videos you can watch on your own. The links are:

**Warm Ups :** <https://youtu.be/FhmcPM0U9e0> **8 Brocades of Silk:** <https://youtu.be/8q1PVbh2ysM>



**Yoga with Marianne Niefeld: Wednesdays, 10-11:00 a.m.** A Kripalu-style gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing. (month of October)

## Integrative Cancer Support and Educational Group VIA ZOOM

2<sup>nd</sup> Weds., Oct. 14 (Sharing), Nov. 11, Dec. 9, Jan. 13, 5:30 - 7:00 p.m.



Participants share resources and experiences with integrative modalities and learn from guest speakers.

Facilitated by **Tara Ryan**. Tara is a Cancer Hope Coach who has considerable experience with conventional and integrative treatments along with immunotherapy for the treatment of metastatic melanoma.

## Miso Happy Cooking Club with Kathy Sheldon, RN VIA ZOOM



Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practices incorporating a plant-based diet. This Fall, we will hold our classes through Zoom. Although we won't be sharing a meal, we'll have the chance to connect and learn together. Advance registration is requested via email to:

[kathy.sheldon@gmail.com](mailto:kathy.sheldon@gmail.com) or [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org). Classes will be recorded and made available to those who pre-pay for the series and miss a class. Suggested class donation is \$10. \$30 pre-paid for all four classes. (Free Dec. pop-up class TBA.) Make checks payable to: The HealthAlliance Foundation (OSP in memo). Mail check to: Oncology Support Program, 105 Mary's Ave. Kingston, NY 12401 or go to: <https://www.foundationupdate.org/donate/oncologysupportprogram/>

**Bone Health and Food: How to Strengthen your Bones: A three part Zoom series with Bettina Zumdick**

**Understanding your Bones: A lecture with Bettina Zumdick**

**Tuesday, October 6 at 10:30 a.m.**

Bettina will discuss bone physiology, including how bones break down and rebuild, foods that create strong bones and those that deplete, the importance of exercise, diet, protein, minerals and more.

**Cooking for Strong Bones, Part 1 with Bettina Zumdick**

**Tuesday, Oct 20 at 10:30 a.m.**

A menu of bone-supporting dishes will be demonstrated. Recipe handouts will be emailed in advance of class.

**Cooking for Bone Health Plus, Part 2 with Bettina Zumdick**

**Tuesday, November 3 at 10:30 a.m.**

Bettina will discuss how to choose the best supplements, healthy snacks and bone-supporting desserts. Recipes will be emailed in advance of class.

**Festive Cooking: Be Prepared with Ideas for Beautiful, Delicious Dishes with Bettina Zumdick**

**Tuesday, November 17 at 10:30 a.m.**

Join us for a surprising array of seasonal dishes, creatively cooked in ways that will excite your friends & family.

Bettina Zumdick is a chef, teacher, counselor and author who has integrated modern knowledge of the West with the wisdom of the East. With a strong background in Food Science and Nutrition from Wilhelms University in Munster, Germany, she has shared her knowledge of food as medicine for over 30 years. She is a co-director of Planetary Health, an educational not-for-profit which offers weekend retreats and an annual conference. For more information, go to:

[www.culinarymedicineschool.com](http://www.culinarymedicineschool.com)



## The Linda Young Ovarian Cancer Support Program of OSP

offers a monthly support group for women diagnosed with ovarian cancer and is committed to 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, (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.



*Linda's Healing Garden*

### 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)

## Cancer and Survivorship —A Special Program for Younger Women

Dr. Corinne Menn is a 19-year survivor of breast cancer, diagnosed at age 29, in the middle of her OB/GYN residency. She underwent multiple surgeries and chemotherapy at the time and is thankful to be healthy today.

Through her experience, Dr. Menn can relate well to younger female cancer survivors dealing with unique health challenges related to treatment.

Some of the most valuable education Dr. Menn received through the years came from her own experiences as a patient and later as a mother. Dr. Menn focuses on the unique health care needs of cancer survivors and is dedicated to helping other women navigate their diagnosis and treatment.



### ISSUES INCLUDE:

- **Body image**
- **Menstrual disorders**
- **Treatment-induced early onset menopause**
- **Contraceptive choices**
- **Pre-treatment fertility preservation & post-treatment options**
- **Sexuality & intimacy**
- **Breast cancer genetic testing (BRCA)**
- **Post-treatment and long-term survivorship**

**Thursday, October 29, 2020 5:30—7:00 p.m. VIA ZOOM**

If you would like to join this group, please contact OSP and we will give you the Zoom link.

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

Dr. Menn has a gynecology and women's health private practice in Westchester.

She is on the Council of Advisors for the Young Survival Coalition and facilitates a YSC support group.

For more information about Dr. Menn, go to: <https://www.drmennc.com/cancer-survivors>

# NOVEMBER IS LUNG CANCER AWARENESS MONTH

## SHOULD YOU BE SCREENED FOR LUNG CANCER?

Talk to your healthcare provider to find out if lung cancer screening is right for you.



### WHAT IS LUNG CANCER SCREENING?

Lung cancer screening is a regular preventive health check, like a mammogram or a colonoscopy. A lung cancer screening checks your lungs while you are healthy and looks for any changes from year to year. If there's something unusual in the lungs, a screening may be able to find it at an early stage. A lung cancer screening can find something before you know it's there and before you have symptoms. Survival rates are better when lung cancer is found at an early stage.

If your doctor recommends lung cancer screening, it doesn't mean he or she thinks you have cancer. In fact, most people who get screened do not have cancer.

### WHO SHOULD GET SCREENED FOR LUNG CANCER?

Screening is recommended for people who are at high risk. Patients at high risk meet all of the following criteria:

- ◆ Are 55 to 80 years old
- ◆ Are currently smoking or have quit within the last 15 years
- ◆ Have a smoking history of  $\geq 30$  pack-years (multiply number of cigarette packs smoked per day by number of years you have smoked.)

### RISK FACTORS FOR LUNG CANCER:

Risk factors can be activities that people do, things in the environment, or genetic traits. If one or more risk factors applies to you, it does not mean you will get lung cancer. It just means lung cancer screening might be a good option. Some people who have none of the risk factors still get lung cancer.

The known risk factors are:

- ◆ Tobacco smoking
- ◆ Contact with radon (a radioactive gas found in nature.)
- ◆ Contact with asbestos or other cancer-causing agents
- ◆ History of cancer
- ◆ Family history of lung cancer
- ◆ History of COPD or pulmonary fibrosis
- ◆ Second-hand smoke (not considered a risk factor by itself).

### LUNG CANCER SCREENING:

An LDCT scan is recommended as part of a yearly health check for people at high risk for lung cancer.

A study of more than 53,000 patients, called the National Lung Screening Trial, showed the benefit of screening with LDCT. It found that lung cancer screening with LDCT reduced the number of deaths in patients compared with a chest 4X-ray.

During the screening, an LDCT scan creates a detailed 3-D picture of your lungs. While this scan will expose you to a low dose of radiation, LDCT uses 75% less radiation than a traditional CT scan and shows more detail than a standard chest X-ray. An LDCT scan is the only method recommended for lung cancer screening.

Check out this link for short video on Lung Cancer Screening:

<https://www.thelungcancerproject.org/screening/?c=ale-16aa379518f&gclid=CI-Y56SBh-sCFZADiAkdD6UH0w&gclsrc=ds>



### QUITTING SMOKING:

Tobacco Smoking is the biggest risk factor for lung cancer and it is a modifiable risk. Smoking accounts for 8.5 out of 10 lung cancer deaths. Quitting smoking is one of the most important steps that you can take for your health but it isn't easy. Fortunately, there is help out there! Go to: [smokefree.gov](http://smokefree.gov) & [BeTobaccoFree.gov](http://BeTobaccoFree.gov)

Call the NYS Quitline: 1-866-NY-QUITS 1-866-697-8487 for free information, referrals and coaching.

Join *The Great American Smoke-Out on November 19, 2020* Sponsored by The American Cancer Society

Go to: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

Join *The Butt Stops Here Program – A Free 7 week Virtual Program* - call: (518) 525-1827 or

go to: <https://www.sphp.com/health-and-wellness/community-wellness-programs/the-butt-stops-here>





**Leukemia & Lymphoma Society Online Chats.** Free, live sessions moderated by oncology social workers who help guide discussions and provide resources, information and support. Topics include: *Living with NHL, Living with Myeloma, Living with CML, Living with Acute Leukemia and Young Adults Living with Leukemia, Lymphoma & Myeloma.* **Go to: [www.LLS.org/chat](http://www.LLS.org/chat)**



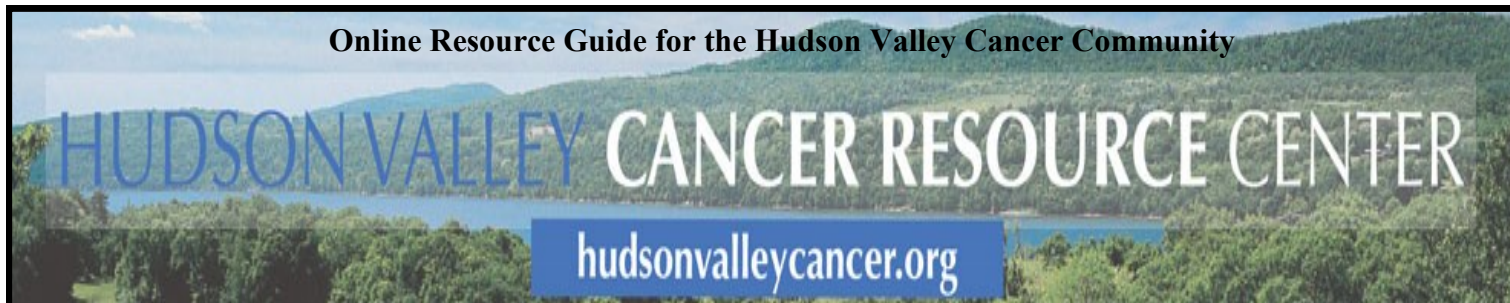
**CANCERcare®** provides free online or telephone support groups led by oncology social workers to help people affected by cancer along with information about cancer and resources. **[https://www.cancercare.org/support\\_groups](https://www.cancercare.org/support_groups)** or call **(800) 813-4673**



**Peer-led support groups in Dutchess, Ulster, Columbia, Greene, Orange and Sullivan Counties.**  
**Camp Lighthouse** for children of breast cancer survivors  
**Annual Metastatic Breast Cancer Retreat**

**[www.BreastCancerOptions.org](http://www.BreastCancerOptions.org)**  
**(845) 339-4673**

**Online Resource Guide for the Hudson Valley Cancer Community**



**ONLINE SUPPORT PLATFORMS**

**[LotsaHelpingHands.com](http://LotsaHelpingHands.com)** and **[CaringBridge.org](http://CaringBridge.org)**

These websites provide an all-in-one intimate, safe place where those living with chronic illness, their caregivers, family and friends can share information and request meaningful help 24/7.



**SHARE —**

Help for women facing breast or ovarian cancer.  
**[www.sharecancersupport.org](http://www.sharecancersupport.org)**

**Call: (866) 891-2392**

**SUPPORT CONNECTION —**

Offers an ovarian cancer national toll-free phone support group.  
**[www.supportconnection.org](http://www.supportconnection.org)**

**Call: (800) 532-4290**



**Sparrow's Nest of the Hudson Valley** was created in 2012 to help families of caregivers diagnosed with cancer feed their families. The fund also helps families of children diagnosed with cancer. Sparrow's Nest 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 the loss of a loved one.

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

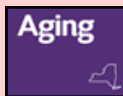


The **LUNgevity Foundation** is the nation's largest lung cancer-focused nonprofit, committed to changing outcomes for people with lung cancer through research, education, and support. For information, go to: **[Lungevity.org](http://Lungevity.org)**  
For the Lung Cancer HELPLine, call **844-360-5864**

**Office for the Aging/ NY Connects:**

Assists with supports for elderly (60+) and disabled: Legal Counsel, Medicare counseling, home care services, Med Alerts and transportation. Home delivered meals available for residents 60+ who are on a limited income, not on Medicaid and have no one to shop for them.

Frozen meals available for pick up or delivery at sites in Saugerties, Rosendale, and Ellenville. Go to: <https://ulstercountyny.gov/aging> or call (845) 340-3456

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

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

**Legal Services of the Hudson Valley:**

Free legal services for financially eligible individuals. (845) 331-9373

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

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

**Jewish Family Services of Ulster:**

In-home, non-sectarian supportive mental health counseling. Caregiver support. Shopping for seniors in coordination with the Jewish Federation. (845) 338-2980



**Edible Independence:** Dietician- and health department-approved meals delivered to your home. The cost is \$55/week for 1 frozen meal per day. (845) 331-MEAL (6325)

**COVID-19 Resources****Food Security:**

For a comprehensive list of local resources, go to <https://rupco.org/covid-19-help-emergency-food-in-ulster-county/>

**Mental Health & Emotional Support:**

New York State COVID-19 Hotline — (844) 863-9314  
Ulster County COVID-19 Hotline — (845) 443-8888

**COVID-19 updates and information:**

Ulster County Updates—Go to: <https://covid19.ulstercountyny.gov>

**New York State Dept. of Health information:**

NYS Coronavirus Information Hotline: (888) 364-3065  
<https://coronavirus.health.ny.gov/home>

**COVID-19 CDC Information:**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Hudson Valley Region

**Cancer Services Program**

Your partner for cancer screening, support and information



**FREE Cancer Screening for Uninsured or Underinsured**

**Breast Cancer Screening:**

**Mammogram, Clinical Breast Exam (age 40-64)**

**Cervical Cancer Screening:**

**Pap Test, Pelvic Exam (age 40-64)**

**Colorectal Cancer Screening:**

**FIT Test (age 50-64)**

**Call CSP to find out if you are eligible:**

**(855) 277-4482**

**VOTE AND STAY SAFE!**

**MAIL-IN or ABSENTEE BALLOT**



To obtain a ballot, go to:

<https://elections.ulstercountyny.gov/absentee-ballots/> OR  
Call the Ulster County Board of Elections **845-334-5470**

**HAND DELIVERY OF ABSENTEE BALLOT**

Hand deliver your filled-in ballot to the County Board of Elections **PRIOR TO OCTOBER 27th** Location: Board of Elections, 284 Wall St., Kingston M-F 9-5

**EARLY VOTING**

**Early voting is held Oct. 24 to Nov 1**

There are **FIVE EARLY VOTING LOCATIONS** in Ulster County. For the locations and times for early voting, go to:

<https://elections.ulstercountyny.gov/wp-content/uploads/2020/08/EarlyVotingGE2020.pdf>

**Transportation Assistance to Medical Appointments**

*(advance notice required and availability may be limited due to COVID-19)*

- Seniors **60** or older: Free bus twice weekly to medical appointments 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 Services** **(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**

# October 2020

All programs are online via Zoom or by phone, unless otherwise noted.  
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Living Well with Advanced Cancer 12:30-2pm  Memoir Writing Workshop 3-5:30pm	<b>2</b> Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	3
4	<b>5</b> Tai Chi 10:00-11:00am Zoom only	<b>6</b> Miso Happy Cooking <i>Understanding your            Bones</i> 10:30am Zoom only	<b>7</b> Gentle Yoga 10-11am Zoom only  Men's Support Group 6-7:30pm	<b>8</b> Memoir Writing Workshop 3-5:30pm	<b>9</b> Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom only  Memoir Memoir Writing II 2-4pm	10
11	<b>12</b> <b>Columbus Day</b>  Tai Chi 10:00-11:00am Zoom only  Cancer & Finances 2-4 p.m.	<b>13</b>	<b>14</b> Gentle Yoga 10-11am Zoom only  Loss & Bereavement Group 10-11:30am  Integrative Support Group 5:30-7pm	<b>15</b> Memoir Writing Workshop 3-5:30pm  Younger Women's Support Group 5:30-7pm	<b>16</b> Medical Qigong 8:30-9:45am Zoom only  Women's Support Group 11am-12:30pm  Watercolor Workshop 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	17
18	<b>19</b> Tai Chi 10:00-11:00am Zoom only  Coping Skills: Finding Ease & Inner Balance 11am-12:30pm	<b>20</b> Miso Happy Cooking <i>Cooking for Strong            Bones Part 1</i> 10:30am Zoom only	<b>21</b> Gentle Yoga 10-11am Zoom only  Caregivers' Support Group 5-6:30pm	<b>22</b> Memoir Writing Workshop 3-5:30pm	<b>22</b> Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	24
25	<b>26</b> Tai Chi 10:00-11:00am Zoom only	<b>27</b>	<b>28</b> Gentle Yoga 10-11am Zoom only  Ovarian Support Group 7-8:30pm	<b>29</b> Memoir Writing Workshop 3-5:30pm  Cancer & Survivors: Program for Younger Women 5:30-7pm	<b>30</b> Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	<b>31</b> <b>Happy            Halloween</b>  

# November 2020

All programs are online via Zoom or by phone, unless otherwise noted.  
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Daylight Saving Time Ends</b>  <i>Fall Back - Daylight Savings Time Ends</i>	<b>2</b> Tai Chi 10:00-11:00am Zoom only	<b>3</b> Miso Happy Cooking <i>Cooking for Bone Health Plus, Part 2</i> 10:30am Zoom Only	<b>4</b> Men's Support Group 6-7:30pm	<b>5</b> Living Well with Advanced Cancer 12:30-2pm  Memoir Writing Workshop 3-5:30pm	<b>6</b> Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom Only  Memoir Writing II 2-4pm	7
8	<b>9</b> Tai Chi 10:00-11:00am Zoom only  Cancer & Finances 2-4 p.m.	10	<b>11</b> Loss & Bereavement Group 10-11:30am  Integrative Support Group 5:30-7pm	<b>12</b> Memoir Writing Workshop 3-5:30pm  Advance Care Planning Workshop 5-7pm	<b>13</b> Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm  Memoir Community Reading 7-9pm	14
15	<b>16</b> Tai Chi 10:00-11:00am Zoom only	<b>17</b> Miso Happy Cooking <i>Festive Cooking: Be Prepared with Ideas for Beautiful, Delicious Dishes</i> 10:30am Zoom only	<b>18</b> Caregivers' Support Group 5-6:30pm  Ovarian Support Group 7-8:30pm	<b>19</b> Memoir Writing Workshop 3-5:30pm  Younger Women's Support Group 5:30-7pm	<b>20</b> Medical Qigong 8:30-9:45am Zoom only  Women's Support Group 11am-12:30pm  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	21
22	<b>23</b> Tai Chi 10:00-11:00am Zoom only  Coping Skills: Finding Ease & Inner Balance 11am-12:30pm	24	25	<b>26</b> Happy Thanksgiving  <b>CLOSED</b>	27	28
29	<b>30</b> Tai Chi 10:00-11:00am Zoom only					

# December 2020

All programs are online via Zoom or by phone, unless otherwise noted.  
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Men's Support Group 6-7:30pm	3 Living Well with Advanced Cancer 12:30-2pm Zoom only  Memoir Writing Workshop 3-5:30pm	4 Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm  Holiday Celebration 7pm	5
6	7 Tai Chi 10:00-11:00am Zoom only	8	9 Loss & Bereavement Group 10-11:30am  Integrative Support Group 5:30-7pm	10 Memoir Writing Workshop 3-5:30pm	11 Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	12
13	14 Tai Chi 10:00-11:00am Zoom only  Cancer & Finances 2-4 p.m.	15	16 Caregivers' Support Group 5-6:30pm  Ovarian Support Group 7-8:30 PM	17 Memoir Writing Workshop 3-5:30pm  Younger Women's Support Group 5:30-7pm	18 Medical Qigong 8:30-9:45am Zoom only  Women's Support Group 11am-12:30pm  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	19
20	21 Tai Chi 10:00-11:00am Zoom only  Coping Skills: Finding Ease & Inner Balance 11am-12:30pm	22	23	24 CHRISTMAS EVE  	25 MERRY CHRISTMAS CLOSED  	26
27	28	29	30	31 NEW YEARS EVE  		

# January 2021

All programs are online via Zoom or by phone, unless otherwise noted.  
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>HAPPY NEW YEAR CLOSED</b> 	2
3	4 Tai Chi 10:00-11:00am Zoom only	5	6 Men's Support Group 6-7:30pm	7 Living Well with Advanced Cancer 12:30-2pm  Memoir Writing Workshop 3-5:30pm	8 Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	9
10	11 Tai Chi 10:00-11:00am Zoom only  Cancer & Finances 2-4 pm	12	13 Loss & Bereavement Group 10-11:30am  Integrative Support Group 5:30-7pm	14 Memoir Writing Workshop 3-5:30pm	15 Medical Qigong 8:30-9:45am Zoom only  Women's Support Group 11am-12:30pm  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	16
17	18   Tai Chi 10:00-11:00am Zoom only  Coping Skills: Finding Ease & Inner Balance 11am-12:30pm	19	20 Caregivers' Support Group 5-6:30pm	21 Memoir Writing Workshop 3-5:30pm  Younger Women's Support Group 5:30-7pm	22 Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom Only  Memoir Writing II 2-4pm	23
24	25 Tai Chi 10:00-11:00am Zoom only	26	27 Ovarian Support Group 7-8:30pm	28 Memoir Writing Workshop 3-5:30pm	29 Medical Qigong 8:30-9:45am Zoom only  Creative Arts 12:30-2:30pm Zoom only  Memoir Writing II 2-4pm	30
31						

## OSP Holiday Celebration

Please join us for a Holiday Event via Zoom

Friday, Dec. 4th 7:00 p.m.

Holiday Songs by Deborah Fisher and Paul Kean

(for a preview of their wonderful music,  
go to: [www.facebook.com/Fisher-Kean](http://www.facebook.com/Fisher-Kean))



OSP Program  
Members invited to:  
Sing a Song,  
Read a Poem,  
Perform a Skit

If you would like to participate or join us, please contact OSP  
and we will send you the Zoom link.

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

## Local Financial Assistance for the Cancer Community



**The Rosemary  
Gruner Fund: \$500**  
Hannaford's and/or  
Stewart's gas cards

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



**Miles of Hope Fund  
for Breast Cancer Patients:**

Financial assistance to eligible  
women in treatment.

Ulster & Greene Counties—call Family at (845) 331-  
7080, ask for Carol Sisco.

Dutchess County—call Community Action at  
(845) 452-5104, ext.142 or ext.124.

**THANK YOU FOR  
YOUR SUPPORT.**

### Donations In Honor of Kathy Sheldon

Darshano Alba  
Gay Janssen  
Constance Rudd  
JoAnn Cella  
Beth Freer  
Jim Freer  
Cindy Brown  
Linda Cox  
Linda Freeman  
Rebekah Sheldon

Patricia Lunior  
Roselyn Cherry  
Joyce Valenti  
Marshall Sheldon  
Ruth Kopelman  
Al Konigsberg  
Barbara Stemke  
Miles Courant  
Bettina Zumnick  
Rob Kilpert

## *We Lovingly Remember:*

Fannie Appa  
Donna Boice  
Russell Converse  
Linda Hayman  
Sandra Heaney  
Kiva Kamerling  
James Lavolpe  
Denise McDermott  
Jeraul Mellin

### ***SPECIAL THANKS TO OUR VOLUNTEERS:***

Ann Hutton, Abigail Thomas, Kathy Sheldon, Al Konigsberg, Valerie Linet, Marilyn Fino, Bev Nielsen, Nancy Bindig, Marjorie Berman, Tara Ryan, Melissa Eppard, Gloria Vega, Betty Gilpatric, Annie LaBarge, Susan York, Bob Lesnow, Bettina Zumnick, Constance Rudd, Dr. Afua Forson, Jenny Lee Fowler, Craig Mawhirt, Debbie Denise, our Nurturing Neighbors and other fabulous volunteers.

**READER SUBMISSIONS ARE  
WELCOME!**

We invite you to submit writings which  
may be included in our newsletter.

Please send 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 newsletter at:  
<https://www.hahv.org/celebrate-life-newsletter>

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

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


**We are trying to 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: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

If you continue to be interested in receiving our newsletter by postal mail, we need to hear from you.  
 Please call OSP at (845) 339-2071 or mail this form to:  
 Oncology Support Program 105 Mary's Ave., Kingston, N.Y. 12401

*I would like to remain on the OSP postal mailing list:*

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

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



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

At the Oncology Support program, our services are free or available at a very low fee. This is possible thanks to the support of WMC/HealthAlliance as well as donations from the community. Your donations also enable us to provide emergency financial assistance to those in need. Please help us continue to support people affected 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:  
<https://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 \_\_\_\_\_