

A newsletter for cancer patients, their families and friends

Jan/Feb/Mar/Apr 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



CANCER SUPPORT SERVICES

Individual and Group Support

Arts & Healing Classes

Wellness Programs

Educational Events

Lectures and Discussion Groups

Lending Library

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



As we welcome in the New Year, our OSP staff, interns and volunteers thank you for allowing us the privilege of being a part of your lives. We recognize the challenges of cancer and we know that there are times when you may need that extra layer of support. We also know that there are times when you may just want to revel in good news with people who understand. We are here for the both the good and the difficult times.

At OSP we are committed to providing a variety of ways for people with cancer to express themselves and share with others. Our writing and art classes continue through the winter months and we are excited to announce an OSP - sponsored Art Show at the Art Society of Kingston the first weekend in May. Artists and writers throughout the community will share their work at the exhibit *Handwriting on the Wall* curated by Lucy Barbera, PhD.

We also continue our commitment to education and welcome Dr. Jonathan Bonavita-Goldman who will offer a workshop on Prostate Cancer. Along with our ongoing wellness classes and support groups, we will be starting a new Spanish language support group for women with cancer facilitated by our social work intern Julieth Núñez.

Whether we meet you at the Infusion Center, Ambulatory Surgery, by your hospital bed, in the community or within the walls of the Support House, our OSP staff is here to offer encouragement, hope and to lend a helping hand. Although the winter months may be chilly, our hearts are warm and welcoming and we look forward to seeing you at our cozy Reuner Cancer Support House.

Warmly, *Ellen Marshall* MS, LCSW-R, OSW-C, Director of OSP

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

Interns: Marina Russo, ext. 100, Masters in Social Work, Adelphi University

Julieth Núñez, ext. 100, Masters in Social Work, Boston University



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 _____



L. to R. Jenny Fowler, Dina Argueta-Lopes, Willette Habersberger, Charlie Butera

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.

The Nurturing Neighborhood Network began in 1994 and we are grateful to all of the Nurturers over the years who have generously offered their experience, compassion and time. We extend a warm welcome to our most recent volunteers: (from left to right) Jenny Fowler, Dina Argueta-Lopez, Willette Habersberger and Charlie Butera, who all recently completed OSP's annual Nurturing Neighborhood Network (NNN) training.

Each year, OSP offers a two-part, 8-hour 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 ext. 101 or email: valerie.linet@hahv.org.

Valentines for Volunteers

The Oncology Support staff will honor our beloved volunteers at a special evening event.

We will share a festive dinner together followed by a recognition ceremony.

Special Honoree:

Ann Hutton

Facilitator of our Friday Memoir Group

Monday, February 5

Snow date: February 8

6:30-8 p.m.

Administrative Services Building, Adm. Conference Rm.



Special Thanks to Tara Ryan and her dance partners for their dance demonstration at our **Annual Holiday Celebration** at Frank Guido's Little Italy.



Left to Right: Aaron Beautdette, Tara Ryan, Kevin Johnson, Rigel Ryan

Tara not only demonstrated the Tango and the Hustle. She also inspired us with her amazing resilient spirit! We were so glad to have the opportunity to celebrate with all our program members!

"Thank you for making me and all the OSP members feel so loved and special. As usual, I HAD A BLAST at our Holiday Celebration. You guys outdo yourselves every year. Your work, advocacy and concern for us does not go unnoticed and never ceases to amaze me."

Happy Holidays

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 **Marina Russo, Social Work Intern. 1st Fridays, Jan 5, Feb 2, Mar 2, Apr 6, 11 a.m.-12:30 p.m.**
For women of any age with any type of cancer, at any stage.
Contact OSP at ext. 100

Linda Young Ovarian Cancer Support Group, facilitated by **Ellen Marshall, LCSW-R, OSW-C. Last Wednesdays, Jan 31, Feb 28, Mar 28, Apr 25, 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, Social Work Intern. 3rd Wednesdays, Jan 17, Feb 21, Mar 21, Apr 18, 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, Jan 15, Feb 19, Mar 19, Apr 23, 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 & Julieth Núñez, Social Work Intern. 3rd Thursdays, Jan 18, Feb 15, Mar 15, Apr 22, 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. YSC sponsors conferences, offers resources and provides information and peer support to this community. To join our local YSC's Younger Women's Support Group social networking page, go to: www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/



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,
Jan 15, Feb 19, Mar 19 & Apr 16,
3:00-4:30 p.m.**

NEW!! Spanish Language Cancer Support Group
facilitated by **Julieth Núñez, Social Work Intern. 3rd Wednesdays, Jan 17, Feb. 21, Mar 21, Apr 18, 12:00-1:30 p.m.**

Grupo de Apoyo para Mujeres Hispanohablantes

Este grupo ofrece un espacio seguro y comprensivo para mujeres que prefieren comunicarse en español. El grupo es para mujeres con cualquier tipo de cáncer, en cualquier nivel, que deseen compartir sus historias, aprender entre sí, y desarrollar herramientas para sobrellevar las dificultades que el cáncer trae consigo.



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.

Bereavement Counseling

In order to provide you and your family with continuity of care, specially trained social workers at OSP 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 for more information or to schedule an appointment.



Explorations on Being Mortal:

A support & discussion group

**First & Third Wednesdays, from 1:30 to 3 p.m.
Jan. 3 & 17, Feb. 7 & 21, March 7 & 21, April 4 & 18**
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 elise.lark@hahv.org.

April is Advance Directive Awareness Month

Choices & Wishes: Advance Care Planning Workshop

Facilitated by Kristin Swanson, RN, CHPN & Elise Lark, PhD, LCSW, OSW-C
Thursday, April 12, 2018, 5:30 - 7:30 p.m.
Reuner Cancer Support House



This **FREE** workshop provides an opportunity to reflect on your personal values and wishes regarding medical treatment at the end of life. Who do you choose to appoint as your Health Care Agent to represent you in the event you are unable to speak for yourself? We will review the *Health Care Proxy*, *Living Will* and *MOLST* (Medical Orders for Life Sustaining Treatment). Refreshments served

To register, please contact Elise Lark at (845) 339-2071 ext. 102 or email: elise.lark@hahv.org

If you are unable to attend our Advance Directives Workshop, Oncology Support Social Workers are specially trained to provide support to help you explore your wishes regarding treatment guidelines and help you complete documents

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

To view the complete article, "Erica's Cancer Journey" in the Hudson Valley Almanac, go to:
<https://hudsonvalleyone.com/2017/10/05/ericas-cancer-journey-what-are-you-afraid-of>

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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
March 9th 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.

For further info about the film, to watch the trailer or to register, go to: www.hope.film

If you have any questions, please call OSP at (845) 339-2071 or contact: Arlene Cohen: acohen@hahv.org

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.

Contact Ellen Marshall for info. about the LY Program or Ovarian Cancer Support Group (ext. 103)
For information about the program, please contact Ellen Marshall at (845) 339-2071 ext. 103



Know the symptoms:

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

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

Know what to do:

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

Go to: foundationforwomenscancer.org



Linda's Healing Garden

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

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.

Gardening for Health & Healing



Our OSP Gardening Group will celebrate **Earth Day** by preparing our Container Gardens and planting our first crop. Nourish body and soul by joining our Gardening Group, facilitated by Rob Kilpert, Founder of Healing Farms, LLC. You will learn how to prepare nutrient rich soil to cultivate veggies and herbs that will be harvested for our cooking classes.

Monday, April 23, 5:15-6:30 p.m.

Reuner Cancer Support House. Please call 339-2071 to register.



We would like to thank **Debbie Barton**, our Breast Health Navigator, for her years of dedicated service to the women in our community. Debbie has left her position at the Breast Center and has joined the Psychiatric Emergency Department team at the Broadway campus.

We know this was a tough decision for Deb because she loved working with the women at the Breast Center and she was appreciated and loved by all. We wish her all the best as she continues in her training to become a Psychiatric Nurse Practitioner. ***We will miss you!!!***



FREE

Look Good Feel Better sponsored by **American Cancer Society**

Trained cosmetologists come to OSP to show you specific techniques to help make the most of your appearance while undergoing treatment.

ACS supplies a free bag of cosmetics for you to take home!

Friday, April 20,

10 a.m. - 12 p.m.

Reuner Cancer Support House

PLEASE CALL 1-800-227-2345 – Required

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

Creative Arts Workshops

Making art can help you express yourself, relax, connect and just feel better!

Join us at our **monthly group**, facilitated by artist and Social Work Intern Marina Russo.

January: New Year's collage: Join us in creating a collage of our hopes, dreams and resolutions for this coming year. Let us look toward what is coming next, in a supportive and relaxed environment. We will be using a combination of mediums such as magazines, markers and paints to create vision boards to help guide us into 2018 on a positive note.

February: Valentine's Gifts: Come create a one-of-a kind piece of jewelry in the name of love. We will be using colorful beads to make bracelets, necklaces and earrings that you can give to someone you love. Or, create something special just for you, because you deserve love too!

March: Mardi Gras Masks: March is for Mardi Gras! Typically celebrated in New Orleans with masks, beads, music and parades, we are going to do our own little Mardi Gras. Join us in using feathers, beads and vibrant paints to create our own masks while we examine the "masks" we wear in our daily lives.

April: Earth Day Clay: In April, we celebrate the Earth that nurtures and provides for us. Let's show our appreciation for the earth by using it to create something beautiful and meaningful. Join us in using earth (clay) to create totems that represent our inner selves.

Fridays, Jan. 5, Feb. 2, Mar. 2, Apr. 6

from **1-2:30 p.m.**

Reuner Cancer Support House

(Drop-in group. No prior art experience needed.)



The Oncology Support Program is sponsoring an Art Show, curated by Lucy Barbera, Ph.D., LCAT (Licensed Creative Arts Therapist)

Handwriting on the Wall

Experiences with Cancer told through Art and Memoir

ASK (Arts Society of Kingston)

97 Broadway, Kingston, NY

SAVE THE DATE:

Evening of Friday, May 4, 2018

(Open House—Exhibit will be on display until May 26th) Details to follow.

If you would like to submit art work or writings for consideration, please contact Lucy Barbera at: creativearttherapy@gmail.com or call: (845) 417-4558

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, 10-11 a.m.

Reuner Cancer Support House

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

Qigong Class

Tuesdays, 7-8 p.m.

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

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

Gentle Yoga

Wednesdays, 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® Class

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

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

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



FREE: “MOVING FOR LIFE” DanceExercise for Health®

An Exercise Program for
Cancer Recovery

sponsored by OSP and free to our community due to the generous support from the New York State Dept. of Health Community–Based Cancer Support and Wellness Program.

The program was developed by **Dr. Martha Eddy, Ed.D, RSMT, CMA**, an exercise physiologist who holds a Doctorate in Movement Science and Education from Columbia University. Her strong belief in the power of movement to change and enhance lives led her to create this gentle yet invigorating aerobic exercise & dance workout to help women heal emotionally and physically after cancer.

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

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

*Ongoing Classes are taught by
Certified MLF Instructors:
Florence Poulain &
Dana Davison*

Martha Eddy will present various topics on the first Friday of each month prior to the movement class addressing lymphedema, joint pain and peripheral neuropathy



Smoking Cessation Programs Sponsored by OSP

Hypnosis for Smoking Cessation

with Certified Hypnotherapist **Peter Blum, C.H.T., M.S.C.**
Introductory group session on how hypnosis can help you stop smoking.

Wednesday, April 4, 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

Free: “The Butt Stops Here”

Smoking Cessation Program

with **Larry McGrath**, Director of Respiratory Therapy

March 7, 14, 21, & 28, 6-7:00 p.m.

4 Spellman Conference Room

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



Cooking through Cancer Treatment & Recovery

Learn simple and healthy cooking tips to nourish yourself during and after cancer treatment.

What foods and easy to prepare dishes can help you manage treatment side effects? How do you **re-build** your system with nutritious foods during cancer recovery? This informative, hands-on, supportive group will help you nourish body and soul! Facilitated by: Ujjala Schwartz (Health Educator & cancer survivor) & Ellen Marshall, MS., OSW-C, (Director of OSP & Social Worker with Masters Degree in Nutrition)

Monday, April 9, 5:15-6:30 p.m.

Reuner Cancer Support House Kitchen.

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

“After my stem cell transplant, eating became a whole new reality. I had to learn to not get caught up in how I **should be** eating to keep healthy, but rather tune into what my body was telling me I needed to regain my strength. Although I had been a vegetarian most of my life and was concerned about the environmental implications of eating meat and I love animals, I had to acknowledge that I craved red meat. My body needed the bioavailable protein, heme iron and vitamin B12. It’s important during and after treatment to be able to understand one’s cravings, which might include foods that are not normally part of your diet. You may have to find a “New Normal” and that’s OK! —*Ujjala*



Bone Broth Soup

(Bone Broth has been used by cultures throughout the world for nourishment and healing)

Bone Marrow is the soft, gelatin tissue found in the cavities of the bones. It plays an important role in red and white blood cell formations. The broth provides minerals, especially calcium, magnesium and phosphorus.

Bone Marrow Broth with Mushrooms

2-3 pounds of Organic Beef Bones with the marrow

(MUST BE ORGANIC Beef Bones)

3 quarts water or vegetable broth

Add 2 teaspoons Apple Cider Vinegar to extract minerals from the bone

1 tablespoon of sea salt or pink salt

1 Bay leaf

Cook in large pot 'til marrow is soft. (The longer you cook, the more nutritious the broth.)

Add 4-5 whole **Shitake mushrooms**.

For a heartier soup:

Add to above recipe:

1 large onion, chopped

1 cup of organic carrots, sliced

1 cup of organic celery, sliced

2 tablespoons chopped parsley

¼ teaspoon crushed dried thyme

2 garlic cloves, split

After soup is ready, strain it, save the vegetables and use in 2-3 days or puree & freeze to use as vegetable stock.

Remove marrow and sauté in pan with teaspoon of olive oil and dash of salt.

The marrow can be spread on toasted bread or put into broth when ready to use for more nutritive value.

From Ujjala's Kitchen

Shitake Mushroom

Some of the medicinal properties of shiitake mushroom are attributed to a sugar molecule named lentinan. In labor-



atory tests, lentinan enhances a number of aspects of the immune system, which may aid in the slowing of tumor growth.



Miso Happy Cooking Club with Kathy Sheldon

Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practices. Miso Happy began classes in the Administrative Building's 3rd floor conference room. The program moved to a real kitchen when the Reuner Support House opened. A community that has brought much joy and health has been created.

This work has been a gift in many ways. *Meaningful* connections have been made. Those who have been around from the beginning and those newly involved feel considerable gratitude. The group has been very welcoming and interested in all things involving *health and healing*. Over the years we have enjoyed numerous cooking sessions, learned how to create *healthy cleaning and body products*, went on a field trip to the Kushi Institute, learned about *Japanese tea ceremony and Japanese cooking*, had a program on *EMFs and their health effects*, discussed how food is *cultivated in healthy soils* and much more.

The backbone of the program has been *food preparation*. In addition to classes that I have led, we have enjoyed many guest instructors including *Warren Kramer, Bettina Zumdick, David Sergel, Misha Forrester, Amber Maisano, Christina Campion, Kezia Synder, Caryn Niedringhaus, Youko Yamamoto, Tom Monte and others*. Their contributions have been invaluable.

This year I am planning to utilize our *Winter Break* in order to *envision new directions*, while continuing to serve those in need of the basic teachings. I am proposing a time to re-think and recharge while our *ideas* direct us toward a new format. I invite those interested in helping plan these changes to join me on the following *Tuesdays* (see below) to help with *visioning, planning and implementation* of future changes. (Soup will be served at all meetings.)

Lastly, I am planning to announce *POP UP Miso Happy meetings* between *January* and *April*, weather permitting. All future visioning and miso meetings will be held on *Tuesday mornings* when possible. Thank you, everyone, for your past and continuing support as we consider new directions and new approaches for our program.

**Miso Happy Dates for
“Visioning the Future”
or Pop-up classes:**

**Tuesdays,
Feb. 27, Mar. 20 & Apr. 17,
11:30 a.m. - 1 p.m.
Cancer Support House Kitchen,
80 Mary's Ave. Kingston**



Advance Registration via Kathy.Sheldon@gmail.com is requested for Visioning sessions or Miso Happy pop-up programs.

PROSTATE CANCER

An Educational Program for Men (and those who love them!)
with Jonathan Bonavita-Goldman, MD

Wednesday, April 11, 5:30 –7:00 p.m.

Reuner Cancer Support House



Cancer of the prostate is the most common cancer in men in American, occurring in over 3 million men every year in the US. Nearly 300,000 men die each year from Prostate cancer. Fortunately, although American men have a 1 in 6 chance of developing a prostate cancer, they only have a 3% chance of dying from it.

There are virtually no symptoms of prostate cancer. The discovery is usually made thru either a digital rectal exam or a blood test of PSA, prostate specific antigen, an enzyme produced by normal prostate cells but produced in excess by cancerous cells.

There are two major difficulties faced by men when diagnosed with cancer of the prostate. First, the treatments, surgery or radiation, more often than not produce effects that can be every bit as devastating as the disease itself, significant impairment of sexual function and urinary incontinence. The second is that many of these cancers will be harmless. However, to date there is no clear way to determine whether a newly diagnosed cancer will be a killer or largely silent.

In this conversation, we go over these issues in detail and discuss what every man needs to know about the disease in order to make an informed decision concerning treatment, a decision which may be one of the most difficult in any man's life.

Dr. Bonavita-Goldman is a recently retired radiologist just moved to Kingston with his family and large golden doodle, Charlie. He (Dr. Bonavita, not Charlie) was formerly an Associate Professor of Radiology for many years at the University of Pennsylvania and New York University, where he sub-specialized in abdominal and chest radiology. At NYU, he was co-director of NYU Radiology Faculty Practice. He developed an internationally used classification system to determine the significance of thyroid nodules discovered on ultrasound, played active roles in the national lung cancer screening and the 9-11 first responders pulmonary follow-up projects, and lead the NYU Lung Cancer Tumor Board.

Throughout his career, he took particular pleasure in helping patients understand the significance of their imaging findings. As a volunteer, during his time at NYU, he and Charlie worked at the NYU Cancer Center. Currently, he looks forward to volunteering to help our cancer patients understand the sometimes overwhelming issues and medical language surrounding their decisions for treatment.

Winter OSP Benefit Piano Concert with Rob Kilpert

Rob Kilpert, facilitator of our Gardening group, has another love—the piano and classical music. Rob is offering to perform his piano pieces as a **benefit concert with donations going directly to our OSP programs**. His current focus is advanced works from all classical periods. His program will include works by Couperin, Beethoven, Brahms, Chopin, Scriabin, Rachmaninov, Bartok and possibly others.

**Please join us. Light refreshments served.
\$10 suggested donation.**

Friday, February 9, 5:30 -7:00 p.m. (Snow date, Feb. 16)
at The Art Society of Kingston (ASK) 97 Broadway, Kingston, New York





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>

Local Financial Assistance Funds and Resources for our Cancer Community

The Rosemary Gruner Fund: \$500 Hannaford or Stewarts cards to financially eligible people in active cancer treatment. Contact BHF at (845) 481-1303



Miles of Hope: \$1,000 one time for financially eligible women in active treatment for breast cancer. Contact Carol Sisco at Family of Woodstock (845) 331-7080



Premier Fund: \$1,000 one time for financially eligible cancer patient with a urologic or digestive cancer in active treatment.



Contact Carol Sisco at Family (845) 331-7080

Linda Young Ovarian Cancer Support Program: Emergency assistance for financially eligible women with a gynecologic cancer.



Contact Ellen Marshall at: (845) 339-2071

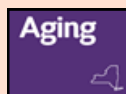
Mid-Hudson Valley Financial Assistance Program: Contact Cancer Care at 1 (800)-813-HOPE (4673)



Legal Services of the Hudson Valley: Free Legal Services for financially eligible individuals. Call: (845) 569-9110 or (845) 331-9373



Office for the Aging: Free legal counsel to people in the community over the age of 60. Call: (845) 340-3456



Diagnosed with Cancer & Wondering about Finances?

Join us for a monthly informational session about cancer and finances.

Topics include:

- ♦ Applying for Disability
- ♦ Insurance and Medicaid
 - ♦ Pooled Trusts
 - ♦ Spousal Refusal
- ♦ Financial assistance
- ♦ Legal Services

Guest presenter:

Debbie Denise of Resource Center for Accessible Living



Wednesdays,
Jan. 10, Mar. 14, Apr. 11,
2-4:00 p.m.

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

Hudson Valley Region

Cancer Services Program

Your partner for cancer screening, support and information

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 CSP
(855) 277-4482

January 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 Happy New Year  CLOSED	2 Qigong 7-8pm – ASB, Auditorium	3 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	4 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	5 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm CSH Creative Arts 1-2:30pm CSH Memoir Writing II 2-4pm CSH	6
7	8 Tai Chi, 10-11am – CSH	9 Qigong 7-8pm – ASB, Auditorium	10 Gentle Yoga 12-1:15pm Kingston Library Cancer & Finances 2-4pm – CSH	11 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	12 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	13
14	15 Martin Luther King Day  Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH Caregivers Support Grp. 5:30-7pm – CSH	16 Qigong 7-8pm – ASB, Auditorium	17 Gentle Yoga 12-1:15pm Kingston Library Spanish Language Support Group 12-1:30pm – CSH Being Mortal 1:30-3pm – CSH Men's Support Grp. 5:30-7pm – CSH	18 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Group 5:30-7pm – CSH	19 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	20
21	22 Tai Chi, 10-11am – CSH	23 Qigong 7-8pm – ASB, Auditorium	24 Gentle Yoga 12-1:15pm Kingston Library	25 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	26 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	27
28	29 Tai Chi, 10-11am – CSH	30 Qigong 7-8pm – ASB, Auditorium	31 Gentle Yoga 12-1:15am Kingston Library Ovarian Support Group 7-8:30pm – CSH			

February 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	Sat.
				1 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	2 Groundhog Day  Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm CSH Creative Arts 1-2:30pm CSH Memoir Writing II 2-4pm CSH	3
4  World Cancer Day	5 Tai Chi, 10-11am – CSH Valentines for Volunteers 6:30-8pm ASB, Conference Rm.	6 Qigong 7-8pm – ASB, Auditorium	7 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	8 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Valentines for Volunteers (snow date) 6:30-8pm ASB, Conference Rm.	9 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH Benefit Piano Concert 5:30-7pm Art Society in Kingston (ASK)	10
11	12 Tai Chi, 10-11am – CSH	13 Qigong 7-8pm – ASB, Auditorium	14 Ash Wednesday  Gentle Yoga 12-1:15pm Kingston Library	15 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	16 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH Benefit Piano Concert (snow date) 5:30-7pm Art Society in Kingston (ASK)	17
18	19 Presidents' Day Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	20 Qigong 7-8pm – ASB, Auditorium	21 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Spanish Language Support Group 12-1:30pm – CSH Cancer & Finances 2-4pm – CSH Men's Support Grp. 5:30-7pm – CSH	22 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	23 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	24
25	26 Tai Chi, 10-11am – CSH	27 Qigong 7-8pm – ASB, Auditorium Miso Happy Cooking "Visioning the Future" 11:30am-1pm CSH Kitchen	28 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH			

March 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	Sat.
				1 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	2 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm CSH Creative Arts 1-2:30pm CSH Memoir Writing II 2-4pm - CSH	3
4	5 Tai Chi, 10-11am – CSH	6 Qigong 7-8pm – ASB, Auditorium	7 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH The Butt Stops Here 6-7pm 2 nd FI Conf. Rm	8 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	9 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH Defining Hope 7:30pm Regal Cinema, HVM	10
11  <i>Daylight Saving Time Begins</i>	12 Tai Chi, 10-11am – CSH	13 Qigong 7-8pm – ASB, Auditorium	14 Gentle Yoga 12-1:15pm Kingston Library Cancer & Finances 2-4pm – CSH The Butt Stops Here 6-7pm 2 nd FI Conf. Rm	15 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	16 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	17
18	19 Tai Chi, 10-11am – CSH Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	20  Miso Happy Cooking "Visioning the Future" 11:30am-1pm CSH Kitchen Qigong 7-8pm – ASB, Auditorium	21 Gentle Yoga 12-1:15pm Kingston Library Spanish Language Support Group 12-1:30pm – CSH Being Mortal 1:30-3pm – CSH Men's Support Grp. 5:30-7pm – CSH The Butt Stops Here 6-7pm 2 nd FI Conf. Rm	22 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	23 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	24
25 	26 Tai Chi, 10-11am – CSH	27 Qigong 7-8pm – ASB, Auditorium	28 Gentle Yoga 12-1:15pm Kingston Library The Butt Stops Here 6-7pm – 2 nd Fl. Conf. Rm Ovarian Support Group 7-8:30pm – CSH	29 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	30 Moving for Life 10-11am Kingston Library Memoir Writing II 2-4pm CSH	31 Passover 

April 2017

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Happy Easter</p>  	<p>2</p> <p>Tai Chi, 10-11am – CSH</p>	<p>3</p> <p>Creative Arts 2:30-4:30pm – CSH</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>4</p> <p>Gentle Yoga 12-1:15pm Kingston Library</p> <p>Being Mortal 1:30-3pm – CSH</p> <p>Hypnosis for Smoking Cessation 5:30-7pm – CSH</p>	<p>5</p> <p>Smartbells® 9:30-10:45am ABS, Auditorium</p> <p>Women's Support Grp. 11am-12:30pm – CSH</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>	<p>6</p> <p>Moving for Life 10-11am ASB, Aud.</p> <p>Women's Support Grp. 11am- 12:30pm CSH</p> <p>Creative Arts 1-2:30pm CSH</p> <p>Memoir Writing II 2-4pm CSH</p>	<p>7</p> <p>Last Day of Passover</p>
<p>8</p>	<p>9</p> <p>Tai Chi, 10-11am – CSH</p> <p>Cooking For Cancer Recovery 5:15-6:30pm – CSH Kitchen</p>	<p>10</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>11</p> <p>Gentle Yoga 12-1:15pm Kingston Library</p> <p>Cancer & Finances 2-4pm – CSH</p> <p>Prostate Cancer Educational Program 5:30-7pm – CSH</p>	<p>12</p> <p>Smartbells® 9:30-10:45am ABS, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p> <p>Advance Directives 5:30-7:30pm – CSH</p>	<p>13</p> <p>Moving for Life 10-11am ASB, Aud.</p> <p>Memoir Writing II 2-4pm CSH</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>Tai Chi, 10-11am – CSH</p> <p>Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH</p> <p>Family/Caregivers Support Grp. 5:30-7pm – CSH</p>	<p>17</p> <p>Qigong 7-8pm – ASB, Auditorium</p> <p>Miso Happy Cooking "Visioning the Future" 11:30am-1pm CSH Kitchen</p>	<p>18</p> <p>Gentle Yoga 12-1:15pm Kingston Library</p> <p>Spanish Language Support Group 12-1:30pm – CSH</p> <p>Being Mortal 1:30-3pm – CSH</p> <p>Men's Support Grp. 5:30-7pm – CSH</p>	<p>19</p> <p>Smartbells® 9:30-10:45am ABS, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p> <p>Younger Women's Support Grp. 5:30-7pm – CSH</p>	<p>20</p> <p>Moving for Life 10-11am ASB, Aud.</p> <p>Look Good Feel Better 10am-12pm CSH</p> <p>Memoir Writing II 2-4pm CSH</p>	<p>21</p>
<p>22</p>	 <p>Earth Day April 22</p> <p>Tai Chi, 10-11am – CSH</p> <p>Gardening for Health & Healing 5:15-6:30pm – CSH</p>	<p>24</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>25</p> <p>Gentle Yoga 12-1:15pm Kingston Library</p> <p>Ovarian Support Group 7-8:30pm – CSH</p>	<p>26</p> <p>Smartbells® 9:30-10:45am ABS, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>	<p>27</p> <p>Moving for Life 10-11am ASB, Aud.</p> <p>Memoir Writing II 2-4pm CSH</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Tai Chi, 10-11am – CSH</p>					



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



Happy Birthday

We Lovingly Remember: 

Patricia Ackerman
 Larry Avery
 Judy Backenroth
 Cat Barney
 Ken Blundell
 David Burns
 Frank Cassetta
 Marianne Christ
 Patricia Douglas
 Robert Esposito
 Tom Flowerman
 Rhonda Gellen
 Hilda Grunblatt

Jacqueline Hines
 Sandra Hunter
 Vernon Hurley
 Lucy Kump
 Amy Langley
 Terry Laughlin
 Myron Lockrow
 Helyn Mackrel
 William Pitcher
 Thomas Raferty
 Leo Rosenbush
 Rose Scott
 Joan Viskocil
 Patricia Williams

Thank You

FOR YOUR GENEROUS SUPPORT

New Paltz Women's Golf Association

Anna Bentsi-Barnes

Sonja Howe

Paul Collins

Craig Collins

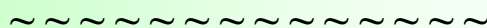
Cheryl Delk

Darlene Bover -

Italian American Society

Ann Horowitz

Memorial Scholarship Fund



New Visions Students

National Honor Society of
 Rondout Valley High School

Toni Hamilton & Olivia Ruzzi

(for donating holiday gifts to our families.)

In Memory of Tom Raftery
 Louis Kolano

In Memory of Herta Jurgeleit
 Christine Petrovella

In Memory of Robert Lee Smith
 Barbara Sorkin
 Myra & Jerry Schwartz
 April Miller of Aprils Beauty Shop
 Arlene Foy Reynolds
 Thomas & Bonnie Broadwater
 Jean Rae Miles

Doris Jurgeleit Blaha
 Ingrid & Ed Duffelmeyer
 Christel Faulhaber
 Hannalore Jurgeleit
 Jennifer Halpern
 Lou Kolano
 Maryann Antonelle

In Memory of Beth Davies
 Maryann Antonelle

In Memory of Paul Hamilton
 Gloria DeFalco-Hamilton
 Linda & William Roser

In Memory of Antoinette Conklin
 Maryann Antonelle

Special Thanks to our Volunteers & Supporters: Ann Hutton, Abigail Thomas, Kathy Sheldon, Eric Toboika, Al Konigsberg, Monica Meyle, Rob Kilpert, Marilyn Fino, Annie LaBarge, Craig Mawhirt, Toby Krawitz, Debbie Denise, Brenda Relyea, Susan York, Ujjala Schwartz, Barbara Sarah, Melissa Eppard, Peter Blum, Gene Fischer, Tara Ryan, Jason Rosenberg, Aaron Beudette, Kevin Johnson, Debbie Denise, Tammara Taylor, Arlene Cohen, Sheri Terwilliger, Gloria Vega, Jodi & Mike Longto, Darlene Bover, Rick Mantey, Kendra VanHouten, Bev Lasting, Darlene Villaneuva, Amy McAden, Steffen Kraehmer, Cheryl McKeever, our Nurturing Neighbors and other fabulous volunteers.

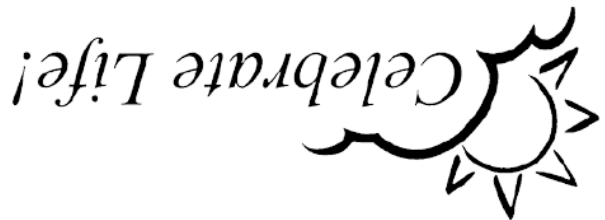
To receive up-to-date information about our programming, please join our Facebook group:
Oncology Support Program of HealthAlliance of the Hudson Valley

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 newsletter 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

“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.”

—Albert Schweitzer

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