



A newsletter for cancer patients,
their families and friends.

Celebrate Life!

Jun/Jul/Aug/Sept 2019



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

Website: www.hahv.org/service/cancer-support-program



HealthAlliance

Westchester Medical Center Health Network

hahv.org

ADVANCING CARE. HERE.

Greetings from OSP



After a cold and snowy winter, it is refreshing to see the flowers abloom and the gardens growing. We are grateful to those who have shared in our support groups, warming each other's hearts and ours by creating art and writing together, by reaching out and sustaining one another through challenging times.

We are so fortunate that the OSP community continues to provide connection among people living with cancer. It is a place for people to share their vulnerability and their strength, a place where people inspire one another, learn together and support one another to live with meaning, purpose, dignity and hope.

This is the 25th year anniversary of the Oncology Support Program. We will celebrate this milestone at our 20th Annual Survivors Event in June. Please join us and bring your family or the special friends who have supported you along the way...we want to honor you all.

Throughout the next few months, we look forward to seeing you at the Reuner Cancer Support House. In addition to meeting with one of our social workers and participating in one of our cancer support groups, you are invited to take part in any of our programs...there is something here for everyone. Join us for a cooking class, a gardening group, a talk on integrative cancer care, a painting or writing workshop, an exercise class and more. We are even offering a few new support programs.

Our staff is honored and privileged to be part of your lives and we look forward to having you knock on the door of the yellow house at 80 Mary's Ave. With gratitude, *Ellen Marshall*

ONCOLOGY SUPPORT PROGRAM STAFF

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

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

Medical and 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



CANCER SUPPORT SERVICES

Individual and Group Support

Arts & Healing Classes

Wellness Programs

Educational Events

Lectures and Discussion Groups

Library of Cancer-related Books/Resources

Integrative/Complementary Medicine Workshops

Programs inspired by the Linda Young Healing Garden

ONCOLOGY SUPPORT PROGRAM

is dedicated to supporting people living with cancer. OSP offers innovative programming, education and comprehensive psychosocial support. We honor the spectrum of human diversity and provide a nurturing environment that promotes dignity, wellness and celebrates the fullness of life.
— Since 1994



NURTURING NEIGHBORHOOD NETWORK

Are you facing a cancer diagnosis?

Would you benefit from one-on-one support from someone who's been through it?

You might like to be matched with a Nurturing Neighbor, a local volunteer and cancer survivor trained through OSP to offer peer support. **Would you like to become a Nurturer?** OSP offers training and support to cancer survivors 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 provide emotional and practical support (by phone, email, or in person) to people living with cancer and 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 the **Oncology Support Program at (845) 339-2071 or email: oncology.support@hahv.org**



Special thanks to **Gloria Vega** who is an enthusiastic volunteer at OSP with a contagious zest for life. An avid participant in many of our programs, Gloria also supports and encourages others struggling with cancer and offers them hope during challenging times. Gloria also loves to organize and if we need help with anything...she comes to our rescue. Gloria donates her time generously while getting straight A's as she obtains her Bachelors of Professional Studies in Organizational Management from Marist College. Gloria, you are an inspiration!

We are honored and delighted that **Afua Forson, MD**, will be volunteering at the Oncology Support Program from June through September, 2019.



Afua Forson is a practicing Internist and is currently studying Marriage and Family Therapy. Afua's current interest involves exploring the impact of psychosocial factors on a person's health. As a volunteer, she will be co-leading groups at OSP.

Integrative and Palliative Care — Around the world and back— and online!

Ellen and Jennifer had the privilege of traveling to Israel this past March to learn more about the Integrative Oncology model at the Lin Medical Center in Haifa Israel. A youtube video describes how evidenced-based practices, including nutrition, herbs, acupuncture, homeopathy and various physical and energetic approaches, are integrated into cancer care while the unique cultural traditions and practices of patients are honored. The video is called ***Seeds of Blessing—Insights into an Integrative Oncology Model in Haifa***— <http://youtu.be/e3GppQKRxyY>

A **free, online course** on the role of traditional herbal medicine in supportive cancer care was developed by the Director of the Center, Dr. Eran Ben-Arye, MD. The course offers guidance to patients and their caregivers as well as to medical professionals providing care to patients in the oncology setting. Each of the chapters in the course addresses the safety and effectiveness of herbal medicine and includes interviews with renowned Integrative and Palliative Care Medical Practitioners throughout the world. If you are interested, go to: <https://www.coursera.org/learn/cancer-medicine-alternative-herbal-asia>

We also visited Memorial Sloan Kettering 's **Bendheim Integrative Medicine Center** in NYC ...a bit closer to home. The resources of this center are available, for a fee (some are covered by some insurances), to any patient at Sloan. However, they also provide **free** online resources available to anyone. MSK has collected information about the safety and efficacy of various herbs in cancer care and has compiled this information. Go to: <https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/search>

Memorial Sloan also offers free **online guided meditations** led by MSK mind-body therapist Emily Herzlin. These include Breathing Exercises to Prepare for Procedures, Managing Pain with Meditation, Body Scan, Mindful Breathing Meditation, Meditations for Sleep, Anxiety and more. To access these meditations, go to <https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/multimedia/meditations>

Special thanks to the cancer care professionals around the world for providing innovative care and great resources.

SUPPORT SERVICES AT OSP

All groups are **FREE** of charge and meet at the Reuner Cancer Support House at 80 Mary's Avenue.

For more information or to join a group, please call the Oncology Support Program at (845) 339-2071.

Women's Cancer Support Group, facilitated by Jennifer Halpern, PhD, LMSW, APHSW-C.
3rd Fridays, June 21, July 19, Aug. 16, Sept. 20,
11:00 a.m.-12:30 p.m. Share common concerns and learn about living with cancer during and after treatment. Contact OSP at ext. 101

Linda Young Ovarian Cancer Support Group, facilitated by Ellen Marshall, LCSW-R, OSW-C.
Wednesdays, June 26, July 31, Aug. 21, Sept. 25,
7-8:30 p.m. An informative and supportive setting for women diagnosed with ovarian cancer at any stage. Contact OSP at ext. 103

Men's Cancer Support Group, facilitated by Eric Toboika, RN, MSW.
1st Thursdays, June 6, Aug. 1, Sept. 5,
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, APHSW-C.
3rd Mondays, June 17, July 15, Sept. 16,
5:30-7 p.m. A supportive and confidential setting to discuss the challenges of caregiving at any stage of disease. Social Worker is also available to meet with caregivers individually. Contact OSP at ext. 101

Younger Women's Support Group, facilitated by Elise Lark, PhD, LCSW, OSW-C.
3rd Thursdays, June 20, July 18, Aug. 15, Sept. 19,
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/

Facing Cancer Together — for Couples



Good communication can help couples manage the challenges that may arise after a cancer diagnosis, maintain intimacy and move forward in the healthiest way possible.

Afua Forson, MD, our OSP volunteer, has offered to meet with members of our community to do short-term couples counseling, focusing on cancer-related concerns.

If you are interested in scheduling a visit with Afua, please call OSP at (845) 339-2071.



Palliative Care Social Work Inpatient Support

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



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.

Interested in a Glioblastoma Support Group?

A great way for patients with malignant astrocytoma or glioblastoma (GM) and/or their caregivers to share resources and coping strategies. If you are interested in being part of such a group, please call OSP at (845) 339-2071 ext. 101 and speak with Jennifer Halpern, PhD., a certified palliative care social worker.

Bereavement/Grief Counseling

In order to provide continuity of care, Oncology Support Program Social Workers are available to provide individual bereavement support to our program participants' caregivers and family members. Additional grief counseling and support groups are offered by **Hospice of the Hudson Valley** (845) 338-2273 or (845) 485-2273 and **Jewish Family Services** (845) 338-2980.

New Workshop — “What Really Matters?”

Wednesdays, June 19, July 17, August 21, September 18, 1:30 to 3:00 pm.
with Afua Forson, MD, MHS & Elise Lark, PhD, LCSW, OSW-C



“If we can learn to face genuine reality, we can live better.”~ Arthur Kleinman

This monthly, 6-session group is for people affected by cancer who seek to live a life more aligned with what really matters to us individually. Reflective questions, experiential practices, readings, journaling and discussions, can help bring us face-to-face with who we are, for better and for worse, while recognizing and working with existential constraints such as illness and aging. Our discoveries invite us to address what may be holding us back from who we wish to be and living a more fulfilling and meaningful life, in this moment.

Participants select and work on concrete tasks that are personally meaningful, such as a legacy project or scrapbook, thank you or “completion” letters to significant others, forgiveness meditation or writing one’s own obituary. The group is loosely based on the contents and curriculum of Stephen Levine’s book *A Year to Live: How to live this year as if it was your last*. A list of additional suggested readings will be provided.

For further information or to pre-register and arrange an informal intake interview, please contact Elise Lark at (845) 339-2071 ext. 102 or email: elise.lark@hahv.org.



Explorations on Being Mortal:

A support & discussion group

Wednesdays, June 5, July 3, Aug. 7, Sept. 4, 1:30 to 3 p.m.
Reuner Cancer Support House

This experiential group is designed for those living with the day-to-day challenges of a catastrophic illness of any kind, including stage 3 or 4 and recurrent cancer. Together, participants will explore how to live more purposefully with the reality of our shared mortality within the individual context of a life-and-body-altering illness.

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

FREE Choices & Wishes: Advance Care Planning Workshop

Date: Tuesday, July 23, 5:30-7:30 p.m.

Reuner Cancer Support House

Presenters: Elise Lark, Ph.D., LCSW, OSW-C and
Kristin Swanson, RN, CHPN



This Advance Care Planning workshop will provide an overview of the Health Care Proxy, Living Will and MOLST documents and to define your end-of-life wishes regarding medical treatment. Participants engage in discussions based on reflective questions, review guidelines and considerations for choosing a health care agent and explore and troubleshoot concerns that may be a barrier to completing documents. Lots of Q & A and handouts! Following the workshop, participants can register for additional assistance to complete their documents.

For further information and registration, please contact Elise Lark at (845) 339-2071 ext. 102 or email elise.lark@hahv.org. Please register early as space is limited to 12 participants. You may wish to consider inviting your prospective health care agent. Light refreshments provided.

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



The Linda Young Ovarian Cancer Support Program of OSP

is committed to supporting women diagnosed with Ovarian Cancer and educating the community about ovarian cancer symptoms and early detection.

For information about the Linda Young Program or the Ovarian Cancer Support Group, please contact Ellen Marshall at (845) 339-2071 ext. 103



Know the symptoms:

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

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

Know what to do:

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

Go to: foundationforwomenscancer.org



Linda's Healing Garden

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

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

www.sharecancersupport.org Toll-free hotline: Call (866) 891-2392

SUPPORT CONNECTION – www.supportconnection.org

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

The New York State Comprehensive Cancer Control Plan (2018-2023)

The New York State Cancer Consortium developed the Cancer Control Plan which serves as a cancer prevention and control roadmap for individuals and organizations interested in reducing the burden of cancer in our state. For more information about the plan, go to <http://www.nyscancerconsortium.org>

Cancer continues to be the second leading cause of death in New York State and the overall cancer incidence rate in New York is the fifth highest among the 50 states and the District of Columbia.

The burden of cancer is not distributed evenly. According to the National Cancer Institute, people without health insurance, people with low incomes and people with disabilities are less likely to be screened for breast, cervical and colorectal cancer. Cancer screening can detect disease at an early stage and in some cases, can find pre-cancerous cells which can be removed before cancer occurs...so **cancer screening saves lives!**

If you don't have insurance or are underinsured, you may be eligible for these FREE Cancer Screenings through the Cancer Services Program (CSP):

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)



To find out if you are eligible for free cancer screenings, call CSP at (855) 277-4482



The Oncology Support Program hosts a multitude of Wellness Programs that help people living with cancer manage stress, make positive dietary changes, increase healthy activity and improve their quality of life.

Does Stress Play a Role in Cancer?

Adapted from an article by Paula Derrow in *EveryDay Health*. Medically Reviewed by Kaylan Banda, MD (10/16/2018)

Experts in the field of psycho-oncology, which concerns itself with the psychological, behavioral, and social factors that may affect cancer, say that a growing body of literature suggests that stress does play a role in cancer causation and recovery. Cancer occurs when a cell acquires a number of mutations in genes involved in the regulation of cell division, proliferation and programmed cell death (a phenomenon in which a cell, recognizing that it's damaged, self-destructs). It's a "multi-hit" phenomenon, meaning that many genes need to be affected before a cell turns cancerous. When enough genes controlling these functions are disabled, a cancer cell is free to divide relentlessly and endlessly.

The "hits" take various forms. Some people may inherit a gene that predisposes them to cancer, such as the BRCA1 gene, which has been linked to many cancers, including breast cancer. But a cell requires more genetic hits to trigger cancer. "If, on top of that, someone has a very stressful lifestyle, or they smoke, or are very overweight; over time, those might all be additional hits to the system," says Allyson Ocean, MD, oncologist at New York-Presbyterian and Weill-Cornell Medicine in New York City.

Under normal circumstances, the body is exquisitely primed to prevent those multiple hits from leading to cancer. "Cells are constantly mutating in the body, but many biological processes exist to keep those mutating cells from turning into tumors," says Lorenzo Cohen, PhD, director of the Integrative Medicine Program at MD Anderson Cancer Center in Houston. One of those processes is performed by the immune system. "Typically, the immune system is constantly surveying the body, on alert to kill invading viruses or mutating cells, a process known as 'cell-mediated immunity,'" Dr. Cohen observes.

When the body is under chronic stress, that safeguarding process may become less dependable. "It's pretty clear that chronic stress disrupts the immune system, making us vulnerable to everything from a cold or flu to the uncontrolled growth of mutated cells," says Cohen.

There's another way in which the stress hormones might promote cancer: Norepinephrine may bind with beta receptors that live on the surface of some tumor cells, causing them to proliferate. "Norepinephrine can fuel a tumor's ability to form new blood vessels," Cohen notes. "New data shows that stress hormones might also increase nerve growth and density at the tumor site, which are associated with worse outcomes in people."

"At the end of the day, all you can do is to try and create as inhospitable a terrain for cancer as possible", according to Cohen. "Healthful habits, a good support network and prioritizing what's important and meaningful in your life makes for a less stressful, higher quality of life in anyone with or without cancer...The key, really, is finding activities that you like, that you'll be willing to do on a daily basis."

The Oncology Support Program offers numerous programs that can help reduce your stress level — try our coping skills class (below), creative arts workshops, gardening group, wellness programs including cooking, yoga, tai chi, smartbells, dance-exercise, our new QiGong class and more. We look forward to finding calm within the storm, together.



Valerie Linet, LCSW-R,

previously a staff Social Worker at OSP, is now in full-time private practice, but her invaluable group is still offered:

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

Whether you are newly diagnosed with cancer, a long term cancer survivor or a caregiver, a cancer diagnosis can be overwhelming. In this group, you will learn practical skills to regulate your nervous system as you face cancer-related stressors, from anxiety related to medical procedures to fear of recurrence. The classes integrate principles of Somatic Experiencing (SE), Dialectical Behavioral Therapy (DBT) and Mindfulness-Based Stress Reduction (MBSR).

3rd Mondays, June 17, July 15, Sept. 16, 11:00 a.m.—12:30 p.m.

Pre-registration is required to attend this group so please call OSP at (845) 339-2071

Exercise Classes

\$8 suggested donation.
Sliding scale as needed.

For more information or to register for any exercise class, please call (845) 339-2071 ext. 100 or email: oncology.support@hahv.org

Tai Chi

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

Kingston Library, Franklin Street

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

Gentle Yoga

Wednesdays, 12:00-1:15 p.m.

Kingston Library, Franklin Street

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

SmartBells® & HEART® Class

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

ASB Auditorium or Reuner Cancer Support House (with notice)

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



FREE: "MOVING FOR LIFE"
DanceExercise for Health®
An Exercise Program for Cancer Recovery

Classes combine aerobic dance, strengthening and flexibility exercises, music and somatic movement and are personalized to meet the needs of participants. Movements can be done seated or standing and are safe and accessible to women at all phases of cancer treatment. The program prioritizes women with breast cancer and breast cancer survivors, but is open to the entire cancer community. The Program was developed by exercise physiologist Dr. Martha Eddy and is offered free due to support from New York State Dept. of Community-Based Support and Wellness Program.

Saturdays (beginning: June 29) 10:00-11:00 a.m.
 (no class on July 6 & Aug. 31)

NEW location — Administrative Services Building, Auditorium

Facilitated by Certified MLF Instructor, Florence Poulain
To register, call: (845) 339-2071 or oncology.support@hahv.org

NEW — Monthly Medical Qigong with Betty Gilpatric, Certified EBQT Instructor

Learn simple yet powerful techniques based on traditional Chinese healing practices to improve your health and sense of well-being. EBQT or Evidence-base Qigong and Taiji is a program developed by Dr. Yan Yang PhD, who is currently a researcher and instructor at Memorial Sloan Kettering. Go to Youtube and search for Betty Gilpatric to view her QiGong Exercises on-line.



Wednesdays, June 26, July 31, Aug. 21 & Sept. 18, 5–6:00 p.m.
Reuner Cancer Support House Please call 339-2071 to register.

Free Membership at Fitness Centers for Cancer Patients (requires MD clearance)

Mike Arteaga (3 month free trial) Call: (845) 452-5050
YMCA of Kingston (1 month free trial) Call: (845) 338-3810



Gardening for Health & Healing *Gardening not only provides food for our bodies—it connects us with nature and nourishes the soul!*

Rob Kilpert, Founder of Healing Fields Farm, LLC, will teach us how to sustain nutrient rich soil and grow nourishing vegetables. His gardening techniques are inspired by the principles of biodynamics. Tips learned during this workshop can help you maximize the health benefits of plants grown in your own gardens at home. We will harvest the crops grown in our containers throughout the summer and integrate them into the cooking classes offered at OSP. *Volunteers appreciated to help water and tend to the gardens throughout the season.*

Monday, July 1, 5:00–6:30 p.m.

Reuner Cancer Support House

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

Miso Happy Cooking Club with Kathy Sheldon



Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practices. The principles of plant-based eating are utilized in the program. Classes include recipe handouts, tastings, socializing and fun. Advance registration is requested via email to: kathy.sheldon@gmail.com or to doris.blaha@hahv.org. Suggested class donation \$8-\$10. Reuner Cancer Support House Kitchen.

Remedies for Treating Side Effects Related to Cancer Treatment Tuesday, June 11 at 10:30 a.m.

This lecture will focus on helpful remedies related to cancer treatment addressing side effects such as nausea, mouth sores, low energy, neuropathy, anemia, hair loss, skin issues (like itching, color changes, dryness), mood changes, libido problems, chemo brain (issues with focus or concentration), taste changes or bowel changes and will include questions from participants.

*Bettina Zumdick will offer a two part program on how diet can affect healing.
(September; next session in October)*

A Practical Guide to Understanding the Most Common Cancers with Bettina Zumdick Tuesday, September 24 at 10:30 a.m.

Part I : Looking at Cancer Treatment from an Energetic Point of View

This lecture will provide a brief overview of the four most common cancers including: *Breast Cancer, Colon Cancer, Ovarian Cancer and Prostate Cancer*. Discussion will include an overview of the physiology of each with focus on the energy of common foods and their effects on the body. In this way, we can begin to understand how diet can help the healing process.

Light Summer Miso Soup (serves 4 – 5 people)

Miso soup is an important part of a healthy diet and can be enjoyed throughout the year. As summer approaches, we begin using locally grown fresh vegetables in our soup. Fresh organic corn kernels add sweetness and balance to the miso soup base. The following recipe calls for wakame, a sea vegetable, that adds flavor and minerals to the soup. Shiitake mushrooms are a delicious addition and lend a medicinal quality to the soup. Chickpea miso has a lighter flavor. Enjoy adding different vegetables such as carrots or onions to your next pot of miso soup.

2 cups water

2 inch strip of wakame, soaked and sliced thinly

1/4 - 1/2 cup white part of scallions or leeks, minced

1/4 – 1/2 cup of organic sweet corn (fresh or frozen)

2 dried shiitake mushrooms, soaked and sliced finely
scallion greens, sliced thinly for garnish

2 teaspoons chickpea miso, diluted in a little cold water

Bring the water with the wakame to a boil. Add scallions or leeks and sweet corn and shiitake mushrooms and simmer for 10 – 15 minutes. Turn the flame down to very low heat and add the diluted miso, simmer for 1 – 2 minutes. Garnish and serve hot or warm. Recipe courtesy of *Bettina Zumdick*



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.

For information 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

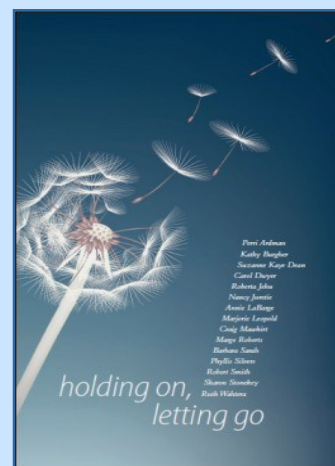
Friday Group
facilitated by Ann Hutton
Fridays: 2:00-4:00 p.m.
Reuner Cancer Support House

Special thanks to Abigail Thomas, Ann Hutton and the members of OSP's Memoir Groups who participated in our Community Reading at the ArtBar on May 3. How inspiring!!



Left to Right:
Craig Mawhirt, Abigail Thomas, Ann Hutton

To order a copy of the Memoir Group's published anthology, **holding on, letting go**, please call OSP at (845) 339-2071.



CREATIVE ARTS WORKSHOP



Making art can help you express yourself, relax, connect with others, reduce stress and simply feel better! Join our **weekly drop-in group** facilitated by volunteer artists & art educators **Marilyn Fino** and **Bev Nielsen**, along with **guest artists**. Try **collage, fiber arts, painting, clay work, jewelry making, print making, batik** and other creative modalities. Bring your own ideas to share. No art experience necessary.

Fridays, 12:30-2:00 p.m. at the Reuner Cancer Support House



3-D Paper Cut Workshop with Glenn Grubard

Glenn has developed a unique art form based on the centuries-old technique of paper cutting. He is an accomplished creative designer, with years of experience in the commercial design world. To see more of his designs, go to <http://www.glenngrubard.com>.

For this workshop, Glenn has created several pieces of unique and inspirational pieces of 3-D artwork, already designed and cut. With his direction and assistance, you get to choose the colors, complete the work and take home your masterpiece.

Join us for an afternoon of fun and inspiration.

(Glenn has designed the OSP logo for our Survivors Event—thank you, Glenn!)

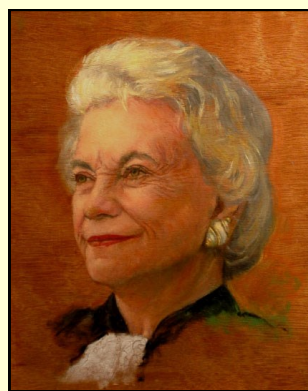
Friday, June 21, 12:30-2:30 p.m.

Reuner Cancer Support House

Please call to register. (845) 339-2071

Landscape and Portrait Painting Workshop with Fred Marshall

A professional artist and consultant to Portraits Inc. in NYC, Fred Marshall's work can be viewed online at <http://www.fredmarshallstudios.com>. His



paintings have been on display at numerous galleries and his work has been shown in the Cooper Hewitt Museum and the American Institute of Graphic Arts. His portrait of Sandra Day O'Connor is in the permanent collection of the Smithsonian Institution's National Portrait Gallery. Fred will share his techniques with us as we take in the inspiration of Linda's Healing Garden. If it's raining, we'll focus on still life or portrait painting. Please join us!

Friday Sept. 20, 12:30-2:30 p.m., Reuner Cancer Support House

\$8 donation is requested for this class to help pay for materials.

Please call to register. (845) 339-2071



Need help with transportation to treatment or medical appointments?

(advance notice required and availability may be limited)

- Seniors **60** or older: Free bus twice weekly to medical appts. and once a week for shopping. Complete an application with **Office for the Aging (NY Connects)** by calling **(845) 340-3456**
- Seniors can call **UCAT** at **(845) 340-3333** for a **Para Transit Application** or download the application at: <http://ulstercountyny.gov/ucat/senior-services>
- If unable to take a bus, register with the **Neighbor to Neighbor Program** in advance by calling **(845) 443-8837** on Tues., Wed. or Thurs., 10 a.m.—2 p.m.
- Register with **Jewish Family Service** **(845) 338-2980** and request a volunteer driver. (Serves Kingston only.)
- If you have active Medicaid, call **(866) 287-0983**
- Call the **American Cancer Society** at **(800) 227-2345**
- **Angel Wheels to Healing** **(800) 768-0238** provides non-emergency, long-distance ground transportation to qualifying patients who are traveling for treatment.
Online application: <http://www.angelwheels.org>

Cancer & Finances?

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

- ◆ **How do I apply for Disability and/or Medicaid?**
- ◆ **What do I do if I've been told I have a "Medicaid Spend Down?"**
- ◆ **How do I set up a "Pooled Trust?"**
- ◆ **What is "Spousal Refusal" and how may it help me?**

Join us for an informational session with:

Debbie Denise, Benefits Advisor of Resource Center for Accessible Living

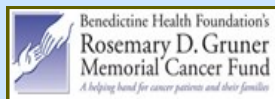
Wednesdays,

June 19, July 10, Aug. 14 & Sept. 11, 2:00-4:00 p.m.

Reuner Cancer Support House

Please call to register at **(845) 339-2071**

Local Financial Assistance



The Rosemary Gruner Fund:

\$500 Hannaford and/or Stewarts gas cards,

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



Miles of Hope: Financial assistance to eligible women in active treatment for breast cancer. Ulster—call *Family* at **(845) 331-7080**, ask for Carol Sisco.

Dutchess—call Community Action **(845) 452-5104**, ask for Yvonne at ext. 130



Premier Fund: Financial assistance to eligible cancer patients with a urologic or digestive cancer in active treatment. (when funds available) Call *Family* at **(845) 331-7080**, ask for Carol Sisco



Linda Young Ovarian Cancer Support Program:

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

Local Community Resources:

Office for the Aging/ NY Connects:

Assists with supports for elderly (60+) and disabled: Legal Counsel, Medicare Counseling, Home Care Services, Home Delivered Meals, Med Alerts, Transportation. Call: **(845) 340-3456** (Office for Aging) or **(845) 334-5307** (NY Connects)



Resource Center for Accessible Living (RCAL):

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



Legal Services of the Hudson Valley:

Free legal services for financially eligible individuals. Free Walk-in Clinic at the Everett Hodge Center every Thursday 9:30 a.m. to 1 p.m. Call: **(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. Call: **(800) 332-3742**



Jewish Family Services of Ulster:

In-home, non-sectarian supportive mental health counseling. Caregiver support. Call: **(845) 338-2980**





Design by Glenn Grubard

We invite cancer survivors,
their loved ones and medical staff to join our hospital's
20th Annual National Cancer Survivors Event
as we celebrate
25th Year Anniversary of
The Oncology Support Program
"Living Fully"

Friday, June 7, 6:00—8:00 p.m.

Auditorium of HealthAlliance Hospital
Administrative Services Bldg. 75 Mary's Ave. Kingston

Delicious Light Supper

Candle Lighting Ceremony and Ritual Blessing

Reflection by Members of OSP

Community Music led by Debbie Lan

Entertainment by The Continentals

please call OSP to RSVP by Monday, June 3, at (845) 339-2071
or email: oncology.support@hahv.org



Dear Friends,
Let's Celebrate Life
together as we continue to
Live Fully!
I look forward to this
memorable community
event.....

Love, Barbara Sarah



Benedictine Health Foundation's
Bike for Cancer Care
A helping hand for cancer patients and their families



Celebrating 16 years of helping over 2000 cancer patients and
their families in the Mid-Hudson Valley.

Please join the **Bike for Cancer Care** on **Sunday, September 22, 2019** to **Benefit the Rosemary D. Gruner Memorial Cancer Fund.**

In partnership with the Gruner Family, the Benedictine Health Foundation established the Rosemary D. Gruner Memorial Cancer Fund in 2004 to aid in the treatment, care, and support of cancer patients in need.

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

For information, go to: <http://www.bikeforcancer.org>
or call Benedictine Health Foundation at (845) 481-1303



Ulster County Community Action Committee
announces the schedule for the
2019 Farm Stand and Food Distribution



Farm Stand - Ulster County

All locations: 10:00 AM – 1:00 PM

Free Fresh Fruit & Vegetable Distribution at all locations!

Highland Outreach:	10:00 AM - 1:00 PM	15 Church Street, Highland	(845) 691-8722
Ellenville Outreach:	12:00 PM - 3:00 PM	85 Center Street, Ellenville	(845) 647-6061
Kingston Outreach:	10:00 AM - 1:00 PM	70 Lindsley Avenue, Kingston	(845) 338-8750

Mass Distribution of Food - Ulster County

Highland Outreach:	Begins @ 11:00 AM	15 Church Street, Highland	(845) 691-8722
Ellenville Outreach:	Begins @ 12:00 PM	85 Center Street, Ellenville	(845) 647-6061
Kingston Outreach:	Begins @ 1:00 PM	70 Lindsley Avenue, Kingston	(845) 338-8750

Mass Distribution Dates:

June 7, 18, 21 July 16, 19 Aug. 20, 23 Sept. 6, 17, 20

HEALTH CARE IS A HUMAN RIGHT (HCHR)

is a 501(c)3 not-for-profit charitable corporation that provides free holistic wellness walk-in clinics in Woodstock, Phoenicia and Kingston. **Kingston Location:** The Lace Mill, 165 Cornell Street, Kingston 12401

2nd Thursday of every month.

For information, call (845) 750-8159 or go to: <http://www.healthcareisahumanright.com/clinics/>

THE RONDOUT VALLEY HOLISTIC HEALTH COMMUNITY (RVHHC, Inc.)

is a 501(c)3 not-for-profit, charitable corporation that offers free holistic wellness services at the Marbletown Community Center in Stone Ridge. **3rd Tuesday of every month, 4-8:00 p.m.** (sign in at 3:00 p.m.) For information, call (845) 867-7008 or go to: <http://www.rvhhc.org/>

Wild Walkers with Melissa Eppard

Walking in nature is my favorite medicine. No matter what is happening in life, I come back to the simplicity of breath and the alert wisdom of my senses. The breeze kisses sweat from my brow, my ears fill with the magical mimicry of the mockingbird, and I smell the sweet rot of leaves mixed with pine sap and wet earth. This May will mark the threshold of 5 years since my cancer diagnosis, and I am still conscious that each step forward holds newness and potential. I am deliberate with my walking, not in a way that is urgent or set on a fixed destination, but I walk with gratitude and awareness shaping each step of the journey.



It wasn't always this easy to move through the woods. I remember how I felt during treatment, when at only 36 years old I gauged each day with a perceived age. My husband Joey would ask, "How do you feel today?" and I might reply, "I'm 87 today," after the Neupogen shot left a shattered glass feeling in the bones, or I might say, "I'm only 63 today!" when I was on the upswing between treatments. I forced myself to go out on slow walks down our long gravel driveway, no matter what. The dappled light through the trees brought me out of whatever funk I was feeling, and helped me have a sense of accomplishment, even if I knew that an extra mid-day nap would be required.

The year after treatment ended, I desperately wanted to get my strength and stamina back. I wanted to give back in a meaningful way too, and help others going through cancer treatment. I signed up for the Avon 39 Walk to End Breast Cancer, and spent months going on longer and longer training walks, preparing my body to make it through the 39 mile trek that would take us all over Manhattan over the course of two days. By mile 34, I was limping with every step. At each rest stop, there was a parked van, taunting me, the driver gently offering to drive me to the finish line, but I refused to stop. I had fought too hard, and come too far to let some blisters get in the way. I held a mantra in my mind with each step thinking, "F*ck Cancer" and repeated that in my mind. I pictured each step as walking towards my health. Then I repeated the names of my friends and family who were still facing their diagnosis, as well as those who had died from cancer. I said their names over and over, each step bringing me closer to the finish line.

I am bringing my love of walking in nature to my local community, coordinating nature walks and hikes twice a month here in the Mid-Hudson Valley of New York. I've dubbed the group the "Wild Walkers". I'm hoping more cancer survivors will join me, but want to also welcome people who love and support cancer survivors. Come celebrate life with me, one step at a time.

Visit <http://www.melissaepppardcoaching.com/events> for more info on the two types of walks. Make sure your doctor has cleared you for exercise and join me for **Walk Gently** or **Walk Strong**, depending on what your body needs.

Learn about local and national cancer resources at:



Breast Cancer Options

SUPPORT, HEALTH ADVOCACY & INFORMATION

845 339-HOPE (4673)

hope@breastcanceroptions.org

Think Pink Locally

Stay tuned for the following special programs sponsored by Breast Cancer Options

Camp Lightheart is a camp for kids from ages 8-14 who have a mother with breast cancer or have lost their mom to the disease. It is a place to share feelings, concerns and have fun in a safe, nurturing environment with a professional staff. Camp is free and runs from **8/25-8/28/2019** at **Omega Institute in Rhinebeck**.

Retreat for Women with Metastatic Breast Cancer. Participants share stories, learn from one another and enjoy guided discussions about issues specific to women with advanced breast cancer. Retreat is free and runs from **9/29-10/4/2019** at **Omega Institute in Rhinebeck**.

For more information about either of these programs or other services offered by Breast Cancer Options, call: **845-339-HOPE** or email: hopenemiroff@yahoo.com



Integrative Approaches to Cancer

—A Support and Educational Group

Second Tuesdays of the month, 5-7:00 p.m. — Reuner Cancer Support House

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

OSP invites members of the community interested in integrative approaches to cancer care to share resources and experiences; to identify topics of interest and to LEARN, together. Speakers on select topics have been invited to deepen members' understanding of specific integrative modalities. **What do YOU want to learn more about?** Join the group and give us your input regarding future programming.

*Group is facilitated by **Ellen Marshall, MS, OSW-C**, Director of OSP, Oncology Social Worker with a Masters Degree in Nutrition/Public Health and **Tara Ryan** who was diagnosed with Metastatic Melanoma and has experienced traditional treatments, immunotherapy and integrative approaches during the past 3 years.*

Tuesday, June 11, Natural Eye Care and Healthy Vision – an Integrative Approach with Dr. Marc Grossman, O.D., LAc

Dr. Grossman will share his holistic and multi-disciplinary vision care which integrates nutrition, eye exercises, lifestyle changes and Chinese Medicine. This approach has helped many people maintain healthy vision and even improve eyesight. **Dr. Marc Grossman** is a New York State Licensed Optometrist and Licensed Acupuncturist. He is the founder of the Rye Learning Center, co-founder of Natural Eye Care, Inc., co-author of Magic Eye Beyond 3D: Improve Your Vision, Greater Vision – A Comprehensive Program for Physical, Emotional and Spiritual Clarity & Natural Eye Care – A Comprehensive Manual for Practitioners of Oriental Medicine and Natural Eye Care – Your Guide to Healthy Vision. Marc currently practices at Integral Health Associates in New Paltz, N.Y.

Tuesday, July 9, Yoga Nidra for Relaxation and Healing with Jean Wolfersteig

Jean will share the practice of Yoga Nidra, a deeply relaxing and energizing practice that can help reduce stress and promote health and healing. This practice is accessible to anyone, regardless of physical ability.

Jean will also teach basic yoga breathing techniques that can help us all in our daily lives.

Jean Wolfersteig is a Certified Yoga Instructor and completed specialized certifications in Restorative Yoga, Yoga Therapeutics and Yoga Nidra. She is an IAYT Certified Yoga Therapist. She teaches Yoga in Kingston, N.Y.

Tuesday August, 13, Sharing Circle

A time to come together and share our experiences with integrative modalities, what we have learned and identify future topics of interest.

Tuesday, Sept. 10, Health Benefits of Acupuncture and Chinese Medicine with Patricia Holtz, LAc

Chinese Medicine treats body, mind and spirit. Patricia will explore how the principles of Chinese Medicine support healing and help with symptoms such as pain and nausea. We will learn the physical and emotional associations of certain meridians and acupoints and come away with helpful self-massage techniques.

Patricia Holtz is a New York State Licensed Acupuncturist. She has been practicing Chinese Medicine for 20 years and currently works in Poughkeepsie, N.Y.

Cancer Research Institute Immunotherapy Patient Summit

hosted by NYU Langone's Perlmutter Cancer Center —160 E 34th St, New York City

September 7, 2019 10:00 a.m. to 2:00 p.m.

Learn about the basics of cancer immunotherapy, a highly promising new approach to cancer treatment. Medical experts along with patients who have been treated with immunotherapy will discuss how research and patient participation in clinical trials is helping us get closer to cures for all types of cancer. People of all ages and cancer types are invited to attend this FREE half-day Saturday event. Caregivers, friends, family and advocates are also encouraged to attend.

Expert panel includes: Vamsidhar Velcheti, M.D. (NYU Langone) with Sylvia Adams, M.D. (NYU Langone); Claire Friedman, M.D. (MSKCC); Gulam A. Manji, M.D., PhD. (CUIMC)



Hear directly from patients who have participated in immunotherapy clinical trials....**our very own Tara Ryan** will be on the patient panel!!!! You can attend this free conference in person or register via live stream: go to:

<https://www.eventbrite.com/e/cri-immunotherapy-patient-summit-live>.

June 2019

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Tai Chi 10:30-11:30am Kingston Library	4	5 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	6 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm – CSH	7 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH Annual Cancer Survivors Celebration 6-8pm-ASB, Auditorium	8
9	10 Tai Chi 10:30-11:30am Kingston Library	11 Miso Happy Cooking "Remedies for Treating Side Effects Related to Cancer Treatment" 10:30am-1pm CSH Kitchen Integrative Support Group "Natural Eye Care and Healthy Vision" 5-7pm – CSH	12 Gentle Yoga 12-1:15pm Kingston Library	13 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	14  Flag Day Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	15
16 	17 Tai Chi 10:30-11:30am Kingston Library Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH Caregivers Support Grp. 5:30-7pm – CSH	18	19 Gentle Yoga 12-1:15pm Kingston Library What Really Matters? 1:30-3pm – CSH Cancer & Finances 2-4pm – CSH	20 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Group 5:30-7pm – CSH	21 Summer Solstice Women's Support Grp. 11am-12:30pm – CSH Creative Arts "3-D Paper Cut Workshop" 12:30-2:30pm – CSH Memoir Writing II 2-4pm – CSH	22
23	24 Tai Chi 10:30-11:30am Kingston Library	25	26 Gentle Yoga 12-1:15pm Kingston Library Medical Qigong 5-6pm – CSH Ovarian Support Group 7-8:30pm – CSH	27 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	28 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	29 Moving for Life 10-11am ASB Auditorium
30						

JULY 2019

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tai Chi, 10:30-11:30am Kingston Library Gardening for Health & Healing 5-6:30pm Linda Young Healing Garden	2	3 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	4  CLOSED	5 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	6
7	8 Tai Chi, 10:30-11:30am Kingston Library	9 Integrative Support Group “Yoga Nidra for Relaxation and Healing” 5-7pm – CSH	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 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	13 Moving for Life 10-11am ASB Auditorium
14	15 Tai Chi, 10:30-11:30am Kingston Library Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH Caregivers Support Grp. 5:30-7pm – CSH	16	17 Gentle Yoga 12-1:15pm Kingston Library What Really Matters? 1:30-3pm – CSH	18 Smartbells® 9:30-10:45am ASB, Auditorium Younger Women's Support Grp. 5:30-7pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	19 Women's Support Grp. 11am-12:30pm CSH Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	20 Moving for Life 10-11am ASB Auditorium
21	22 Tai Chi, 10:30-11:30am Kingston Library	23 Advance Care Planning Workshop 5:30-7:30pm – CSH	24 Gentle Yoga 12-1:15pm Kingston Library	25 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	26 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	27 Moving for Life 10-11am ASB Auditorium
28	29 Tai Chi, 10:30-11:30am Kingston Library	30 	31 Gentle Yoga 12-1:15pm Kingston Library Medical Qigong 5-6pm – CSH Ovarian Support Group 7-8:30pm – CSH			

August 2019

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



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp 5:30-7pm – CSH	2 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	3 Moving for Life 10-11am ASB Auditorium
4	5 Tai Chi, 10:30-11:30am Kingston Library	6	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	9 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	10 Moving for Life 10-11am ASB Auditorium
11	12 Tai Chi, 10:30-11:30am Kingston Library	13 Integrative Support Group "Sharing Circle" 5-7pm – CSH	14 Gentle Yoga 12-1:15pm Kingston Library Cancer & Finances 2-4pm – CSH	15 Smartbells® 9:30-10:45am ASB, Auditorium Younger Women's Support Grp. 5:30-7pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	16 Women's Support Grp. 11am-12:30pm CSH Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	17 Moving for Life 10-11am ASB Auditorium
18	19 Tai Chi, 10:30-11:30am Kingston Library	20	21 Gentle Yoga 12-1:15pm Kingston Library What Really Matters? 1:30-3pm – CSH Medical Qigong 5-6pm – CSH Ovarian Support Group 7-8:30pm – CSH	22 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	23 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	24 Moving for Life 10-11am ASB Auditorium
25	26 Tai Chi, 10:30-11:30am Kingston Library	27	28 Gentle Yoga 12-1:15pm Kingston Library	29 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	30 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	31

September 2019

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  CLOSED	3	4 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	5 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm –CSH	6 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	7 Immuno- therapy Patient Summit 10am-2pm NYC Moving for Life 10-11am ASB Auditorium
8	9 Tai Chi, 10:30-11:30am Kingston Library	10 Integrative Support Group "Health Benefits of Acupuncture and Chinese Medicine" 5-7pm – CSH	11 Gentle Yoga 12-1:15pm Kingston Library Cancer & Finances 2-4pm – CSH	12 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	13 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	14 Moving for Life 10-11am ASB Auditorium
15	16 Tai Chi, 10:30-11:30am Kingston Library Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH Caregivers Support Grp. 5:30-7pm – CSH	17	18 Gentle Yoga 12-1:15pm Kingston Library What Really Matters? 1:30-3pm – CSH Medical Qigong 5-6pm – CSH	19 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	20 Women's Support Grp. 11am-12:30pm CSH Creative Arts "Landscape and Portrait Painting" 12:30-2:30pm – CSH Memoir Writing II 2-4pm – CSH	21 Moving for Life 10-11am ASB Auditorium
22 Gruner Bike for Cancer Care Registration Begins at 7:45am Dietz Stadium, Kingston	23 Tai Chi, 10:30-11:30am Kingston Library	24  Miso Happy Cooking "Looking at Cancer Treatment from an Energetic Point of View." 10:30am-1pm CSH Kitchen	25 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	26 Autumn Equinox Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	27 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	28 Moving for Life 10-11am ASB Auditorium
29	30 Rosh Hashanah Tai Chi, 10:30-11:30am Kingston Library					



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



Happy Birthday

We Lovingly Remember: 

- | | |
|-----------------------------|-------------------|
| Thomas Appa | Richard Diehl |
| Joe Aversano | Frederick Franke |
| Thomas Biscoglio | Anne Jane Morse |
| Tom "TJ" Blair | Michelle Nerone |
| Gerard Boggs | Robert Nyulassy |
| Joseph Bridges | Jane Rifenberg |
| Glen Brown | Tomas Sulliva Sr. |
| Lorraine Byington Jankowski | Robert Veloce |
| Erica Chase-Salerno | |
| Robert Cook | |
| Lela Cooper | |

Donation

Thank You

FOR YOUR GENEROUS SUPPORT

In Memory of

Nancy Amato
Doris Blaha

In Memory of
Beth Davies

Maryann Antonelle

In Memory of

Ms. Therese Farrell Connors
Mr. & Mrs. Richard Mantey

Donation

Anna Bentsi-Barns

Alyssa Dunn

Debbie Barton

Mr. & Mrs. William L. Spearman

Fair Street Reformed Church
with special thanks to:

Rev. Kendra VanHouton,
Linda Brown and Theresa Campbell

Donation

In Honor of
Al Konigsberg

Rosalyn Cherry
Matthew Swerdloff

In Honor of
Mr. David Mantey

Mr. & Mrs. Richard Mantey

Special Thanks to our Volunteers:

Ann Hutton, Abigail Thomas, Kathy Sheldon, Debbie Denise, Rob Kilpert, Marilyn Fino, Bev Nielsen, Craig Mawhirt, Tara Ryan, Dr. Maggie Carpenter, Glenn Grubard, Ujjala Schwarz, Melissa Eppard, Zoe Moffitt and Hudson Valley Reiki Practitioners, Gloria Vega, Josh Boughton, Betty Gilpatric, Mary Jo Johnson, Joe Hall, Dr. Kenneth Kircher, Leslie Mendrysa and staff of Advanced Dermatology, 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 submit to ellen.marshall@hahv.org

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 _____

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:

<http://www.hahv.org/service/cancer-support-program>

Newsletter:

Writer and Editor:
Ellen Marshall
Graphic Designer:
Doris Blaha
Proofreader:
Jennifer Halpern



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

Love can travel thousands of miles and so life has no limits

Steve Jobs

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