

A newsletter for cancer patients, their families and friends



**HealthAlliance**

Westchester Medical Center Health Network

Oct/Nov/Dec. 2017



**Oncology Support Program 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



**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.*



## From Our Director



Greetings from the OSP. As we move into the Autumn months, we invite you to participate in the Oncology Support Program by: joining a support group; exploring your creativity through an art or memoir writing workshop; caring for yourself during and after cancer treatment through one of our wellness programs; learning about financial resources that can help you or your loved ones; or by simply meeting with a welcoming OSP social worker or intern at the Reuner Cancer Support House. At OSP, we are committed to making sure that every person in our community facing the challenges of cancer, receives the support he/she needs.

We thank the HealthAlliance Hospital/WMC Health Network for their continued commitment to offering in our community a place where people impacted by cancer can find comradery and comfort and share their vulnerabilities and strengths. We also thank the HealthAlliance Foundation for organizing the *Anchors Aweigh Cruise*. Our gratitude to all who sailed the Hudson River with us -- your financial support enables us to continue our exceptional programs and replenish our Emergency Financial Assistance Fund which helps those in need.

We thank all of you who we have met in the hospital or at the Support House for trusting us to be your partner at this challenging time...we are truly honored. We look forward to sharing the next few months with you, so don't hesitate to stop by the yellow house at 80 Mary's Ave...

Warmly, *Ellen Marshall* MS, LCSW-R, OSW-C

### 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. 100, 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 Nunez, 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/](http://www.FoundationUpdate.org/donate/OncologySupportProgram/)

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

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

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

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

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

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

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

Address \_\_\_\_\_





## NURTURING NEIGHBORHOOD NETWORK

Facing a cancer diagnosis and could use one-on-one support from someone who's been through it? You might like to be matched with a Nurturing Neighbor. These volunteers are cancer survivors, specially trained through OSP to offer support. 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](mailto:valerie.linet@hahv.org).

### NURTURERS NEEDED!

If you are at least a year out from diagnosis and/or treatment and you'd like to offer one-on-one peer support through our Nurturing Neighborhood Network, please contact Valerie Linet.



## Volunteer of Quarter Marilyn Fino

We thank Marilyn for volunteering to help facilitate the Creative Arts Workshop for the past two years. A breast cancer survivor, Marilyn participated in OSP's art classes and support groups for over five years prior to becoming a volunteer. She holds a B.S. in Art Education and is a Certified Art Teacher. Marilyn drives 25 miles a week from Milton to share her enthusiasm, talent and creativity with our community. In Marilyn's words, "OSP has such an aura of nurturance that it is worth the drive....there is nothing like this program anywhere!"

***We thank you, Marilyn!***



## Intern Welcome

*¡Hola! I am originally from Colombia, but I permanently reside in the U.S. I graduated from Bard College with a BA in Sociology and I am currently working on my MSW at Boston University. I am extremely happy and excited to start my field placement at the Oncology Support Program this fall! I have worked with immigrant and low-wage communities as a writer, an advocate and a legal assistant. I look forward to learning from this amazing opportunity, while giving my very best to the OSP and the community. ¡Nos vemos pronto!*  
—Julieth Núñez

Please join us for our **Annual Holiday Celebration**

**Friday, December 1, from 6-8:30 p.m.**

Location: Frank Guido's Little Italy

***DINNER provided by OSP***

***Join us for Karaoke &***

***Tango Demonstration by Tara Ryan and partner***

Family and special friends are welcome!

We look forward to celebrating the holiday season together!!!

Please call 845-339-2071 ext. 100 or email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org) to RSVP by Nov. 27th



# 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. **1st Fridays Oct 6, Nov 3, Dec 1, 11 a.m.-12:30 p.m.**  
For women of any age with any type of cancer, at any stage. Contact OSP at ext. 104

**Linda Young Ovarian Cancer Support Group**, facilitated by Ellen Marshall, LCSW, OSW-C. **Last Weds, Oct 25, Nov 29, Dec 20 (3rd Wed.), 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. **3rd Wednesdays, Oct 18, Nov 15, Dec 20, 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, Oct 16, Nov 20, Dec 18, 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 & Melissa Eppard. **3rd Thursdays, Oct 19, Nov 16, Dec 21, 5:30-7 p.m.** This group focuses on issues common to young women with cancer including: talking to children about cancer, body image, managing work, sexuality and intimacy, relationships, fertility, self-advocacy. For women, age 55 and younger, with any type of cancer. Contact OSP at ext. 101

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

Reuner Cancer Support House  
**3rd Monday of the Month**



**Oct 16 , Nov 20 & Dec 18**  
**3:00-4:30 p.m.**

Skills-based group led by OSP social worker Valerie Linet, LCSW-R, SEP. Open to newly-diagnosed and long-time cancer survivors as well as caregivers.

**(Pre-registration required. Please call Valerie at ext. 101 or email: [valerie.linet@hahv.org](mailto:valerie.linet@hahv.org))**

Are you overwhelmed by your cancer diagnosis and treatment? Worried about cancer recurrence? Feeling stressed as a caregiver? In a safe, supportive space, you will learn practical ways to manage anxiety and increase a sense of well-being in the body and mind. Using mindfulness and body-centered techniques, you can reduce stress and learn to better handle strong emotions. This is a monthly interactive skill-building group rather than a traditional support or therapy group. Additional monthly practice sessions will be open to returning participants. Through practice, participants will develop a greater capacity to respond to the challenges of daily life and a cancer diagnosis. Classes integrate principles of **Somatic Experiencing (SE)**, **Dialectical Behavioral Therapy (DBT)** and **Mindfulness-Based Stress Reduction (MBSR)**.

Session topics include:

***Riding the Waves of Diagnosis or Recurrence; Preparing for Treatment and Doctor's Appointments; and Transforming Fear and Anxiety into Productive Energy.***



**YSC** YOUNG SURVIVAL COALITION™  
Young women facing breast cancer together.

**OSP's 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/](http://www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/)



## ***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.





Front, left to right: Linda, Helyn  
Back, left to right: Erica, Jim, Elise, Robin, Tom  
Absent: Hilary, Marianne, Warren

## *Explorations on Being Mortal:*

*A support & discussion group*

**First & Third Wednesdays, from 1:30 to 3 p.m.  
Oct. 4 & 18, Nov. 1 & 15, Dec. 6 & 20**

**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** and **Rev. Barbara Hoffmann, LCSW-R**

For further information and pre-registration (required), please contact  
**Elise Lark at 339-2071 x102 or [elise.lark@hahv.org](mailto:elise.lark@hahv.org).**

## **FREE Choices & Wishes Workshop: Completing Your Advance Directives**

**Date: Nov. 2, 5:30-7:30 p.m.**

**Reuner Cancer Support House**

**with Elise Lark, Ph.D., LCSW & Brenda Relyea, BSN, RN, Advance Care Planning Certified**



Please join us for a workshop on Advance Directives, providing an opportunity to define your end-of-life wishes regarding treatment guidelines and to appoint a Health Care Agent.

We will discuss and help you complete any or all of three documents:  
**a Health Care Proxy, Living Will, and MOLST** (Medical Orders for Life Sustaining Treatment).

For further information and registration, please contact **Elise Lark at (845) 339-2071 ext. 102** or email **[elise.lark@hahv.org](mailto:elise.lark@hahv.org)**. Please register early as space is limited.



**HAV** has a **Palliative Care/Symptom Management team** of doctors, nurses, social workers and spiritual counselors that helps patients manage threatening symptoms due to any life-altering disease, at any stage of illness. The team also helps patients and their families with concerns about goals of care, procedures and advance directives. OSP is proud to be home to the social workers who are an essential part of this team. Let us tell you or your loved ones more about palliative care and symptom management.

**Call OSP at (845) 339-2071 and ask to speak with someone about Palliative Care/Symptom Management.**

## **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. **OSP at (845) 339-2071 ext. 100** for more information or to schedule an appointment.

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

### Thursday Group

facilitated by  
**Abigail Thomas**

Author of: "Getting Over Tom," "An Actual Life," "Herb's Pajamas," "A Three Dog Life," "Safekeeping," "Thinking About Memoir" and "What Comes Next and How to Like It: A Memoir."

**Thursdays:  
3:00-5:30 p.m.**

Reuner Cancer Support House



Thursday Memoir Group with Abigail Thomas

### Friday Group

facilitated by  
**Ann Hutton**

Writer for Ulster Publishing, Chronogram and other local publications.

**Fridays:  
2:00-4:00 p.m.**  
Reuner Cancer Support House

## Creative Arts Workshops



L. to R.: Rae Skinner, Beverly Nielson, Marilyn Fino

When words just don't convey the feelings connected to a challenging experience like cancer, the arts offer another language of expression. Making art together can also help you relax, connect and just feel better! It's the process, not the product, that's important— no art experience is necessary.

Join us at our **weekly drop-in group**, facilitated by art teacher Marilyn Fino and intern Marina Russo. In this supportive and non-judgmental setting, you can learn needle felting, painting, pastels and more. Or, bring your own craft or just come color with us. OSP provides the materials.

**Weekly Drop-in Group with Marilyn & Marina  
Tues. 3:00-5:00 p.m.**

Reuner Cancer Support House

Susan York, who inspired us at OSP's Survivors Event in June, will present a monthly workshop – "**Finding and Creating Your Vision.**" In response to her own diagnosis of ovarian cancer, Susan created the "*Gathering Goodness Mosaic*," a collection of 108 paintings which she painted in 108 days. This mosaic was inspired by submitted images, songs and stories which Susan collected from people around the world...images of peace, love and joy. Susan will help participants create a piece of artwork that reflects their own personal relationship with cancer. Participants can work on their pieces at home or at the weekly drop-in group.

**Susan York's Workshop:  
"Finding & Creating Your Vision"  
Tues., Oct. 17, Nov. 14, Dec. 5  
5:30-7:30 p.m.**

Reuner Cancer Support House  
Please call 339-2071 ext. 100 to register



Susan York with the *Gathering Goodness Mosaic* at HealthAlliance Hospital





Ujjala Schwartz

## 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 recipes can help you manage treatment side effects? How do you re-build your immune 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)

**Mondays: October 9 and November 13, 5:15-6:30 p.m.**  
Reuner Cancer Support House Kitchen.

## BWE BREAST CANCER WEIGHT LOSS TRIAL

### BWEL STUDY

If you were diagnosed with Stage II or III Breast Cancer and are obese or overweight, you may be interested in joining a randomized phase III Clinical Trial evaluating the *Role of Weight Loss* (through a reduction in calories and an increase in exercise) in lowering the risk of breast cancer recurrence. The trial will test the effect of a 2-year weight loss program delivered by health coaches through telephone calls on disease free survival. To find out more about more about this national study offered by St. Peter's Hospital in Albany, go to: <http://www.sphcs.org/breast-cancer-weight-loss-study> or email: [cancercarereseach@sphp.com](mailto:cancercarereseach@sphp.com).

If you are interested in finding out if you are eligible for this study, please contact Ellen Marshall at OSP (845) 339-2071 ext. 103.



Gardening Group— Rain or Shine

## Gardening for Health & Healing

Our gardening group has planted herbs and vegetables in our Container Gardens beside the Cancer Support House. We have learned gardening skills from Rob Kilpert, Founder of Healings Farms, LLC, and we have enjoyed the 'fruits' of our labor.

Please join us as we harvest our fall crop and put our gardens to bed until next planting season.

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

Reuner Cancer Support House

Please call to register: (845) 339-2071

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



Feasting on the Harvest



**Breast Cancer Options**

SUPPORT, HEALTH ADVOCACY & INFORMATION

845 339-HOPE (4673)

[hope@breastcanceroptions.org](mailto:hope@breastcanceroptions.org)

Think Pink Locally

**BREAST CANCER OPTIONS INTEGRATIVE  
MEDICINE CONFERENCE WILL BE HELD**

**SUNDAY OCTOBER 22, 2017**

**AT SUNY NEW PALTZ 9 a.m. - 4 p.m.**

The Opening Plenary: The Importance of Treating the Whole Person with Sheldon Feldman, MD, FACS: Chief of breast surgery and breast surgical oncology program at Montefiore Hospital

For more information go to [www.breastcanceroptions.org](http://www.breastcanceroptions.org) or call (845) 339-HOPE (4673)

**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.

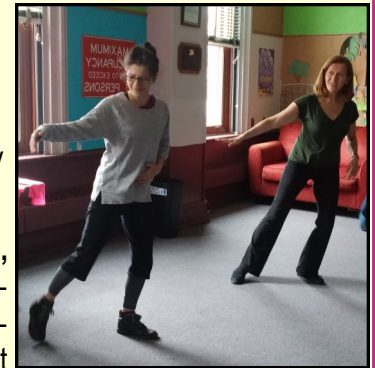


**FREE: “MOVING FOR LIFE”  
DanceExercise for Health®**

**Exercise for Cancer Recovery**

Free classes 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**

**Free CONSULTATIONS with  
WIG SPECIALIST, Tammara Taylor**

For women experiencing hair loss due to cancer.

Call OSP at (845) 339-2071 to arrange for a consultation at the Reuner Cancer Support House.



Willette Habersberger (L)  
Tammara Taylor (R)



**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, Nov. 17**

**10 a.m. - 12 p.m.** Reuner Cancer Support House

PLEASE CALL 1-800-227-2345 – Required



# Miso Happy Cooking Club



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. Kathy Sheldon welcomes the community to join in this program at the Reuner Cancer Support House. Classes include recipe handouts, tastings, socializing and fun. Advance registration is requested for all classes via email to: [oncology.support@hahv.org](mailto:oncology.support@hahv.org) or [kathy.sheldon@gmail.com](mailto:kathy.sheldon@gmail.com). Arrive early to park; the house lot is small. Street parking available. Significant snow cancels programs. Suggested class donation \$8.

**Tuesdays, October 24 & November 7, at 10:30 a.m.**

**Special Program: A Two Session Cooking Class: Cooking for Thanksgiving MacroVegan Style and Late Summer Cooking: Change is in the Air and the Kitchen, both with Bettina Zumdick**

Bettina will prepare holiday main dishes on Oct. 24 and complete the meal with side dishes and desserts on Nov. 7. Holiday dishes can be more festive and a break from some of the normal restrictions. Please be advised that there may be a few dishes that contain gluten; these will be marked as not gluten-free.

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

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

**Tuesday, November 14 at 12:15 p.m.**

**KOVO - A Lunch Outing to Discover Vegan Friendly Restaurants in the Hudson Valley**

Kovo is a Greek-inspired restaurant that has vegan options and other choices. Join us for a fun, social gathering at Kovo, 63 No. Front Street in Kingston. Please register by email on or before Nov. 12. <http://kovorotisserie.com/>

**Tuesday, December 5 beginning at 9:30 a.m.**

**Mini Cooking Class** with Kathy Sheldon, 9:30 a.m. and **Annual Holiday Potluck Gathering**, 11:30- 1:45 p.m.

In this hands-on session we will prepare a few dishes, possibly a salad with dressing or a soup and dessert, to add to the potluck. A recycled gift exchange is an optional but fun part of this celebration. Please bring a wrapped usable item that someone else might enjoy to participate in the gift exchange game. GUESTS are WELCOME to join the fun. Registration is required for both the mini cooking class and the separate holiday party.

A more detailed email will be sent out to those who register.

**Kathy Sheldon** has been teaching and facilitating the Miso Happy Cooking Club since 2005. She has been involved in the Natural Plant Based Foods Movement for many years and began studying macrobiotics in 2001, to help a family member diagnosed with leukemia.





## September is Ovarian Cancer Awareness Month

### 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)



#### Know the symptoms:

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

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

#### Know what to do:

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

Go to: [foundationforwomenscancer.org](http://foundationforwomenscancer.org)



#### Linda's Healing Garden

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

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

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

### **Support Connection** – [www.supportconnection.org](http://www.supportconnection.org)

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

## The Great American Smoke-out is November 16, 2017

Encourage someone you know to use the date to make a plan to quit smoking and take an important step toward a healthier life and reduced cancer risk. These resources can help!



### Free: The Butt Stops Here

HealthAlliance Hospital  
Smoking Cessation Program

**November 6, 8, 13 & 15 6-7:00 p.m.**

4 Spellman Conference Room  
To register call 845-339-2071 or  
email [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

### 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.

**Wed. November 1, 5:30-7:00 p.m.**

Reuner Cancer Support House  
\$10 donation.

Free to HealthAlliance Employees  
To register call (845) 339-2071 or email  
[oncology.support@hahv.org](mailto:oncology.support@hahv.org)

### The American Lung Association's

#### **Freedom from Smoking Online**

Freedom From Smoking® Online, or FFS Online, is a program specifically designed for adults who want to quit smoking.

#### **NYS Quitline**

**1-866-NY-QUITS 1-866-697-8487**

[nysmokefree.com](http://nysmokefree.com)

[The NY State Department of Health Tobacco Control Program](http://www.health.ny.gov/tobacco_control/)

### **Veterans Health Administration**

<https://www.va.gov/health/NewsFeatures/20121115a.asp>

Group and individual counseling that may be combined with nicotine replacement therapy or other medication prescribed by a VA health care provider.

### **Nicotine Anonymous — Free**

**Wednesdays 7 p.m.**

Ed. Bldg. Reformed Church  
off Huguenot and Broadhead Street, New Paltz, NY  
Contact: 845-687-7892





## 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 **340-3456** or **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>

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 under-insured, 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**

to find out if you are eligible.

## 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**

**Wed. Oct. 11, Nov. 15,  
Tues. Dec. 12  
2-4 p.m.**



## Local Financial Assistance Funds and Resources for our Cancer Community



**The Rosemary Gruner Fund:** \$500 food or gas 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.

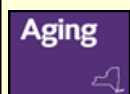
Contact Ellen Marshall at: (845) 339-2071



**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 cancer patients and their caregivers  
Call: (845) 569-9110



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

# October 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
	<b>2</b> Tai Chi, 10-11am – CSH	<b>3</b> Creative Arts 3-5pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>4</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH	<b>5</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>6</b> Moving for Life 10-11am Kingston Library  Women's Support Grp. 11am-12:30pm CSH  Memoir Writing II 2-4pm CSH	<b>7</b>
	<b>9 Columbus Day</b>  Tai Chi, 10-11am – CSH  Cooking through Cancer Treatment & Recovery 5:15-6:30pm – CSH Kitchen	<b>10</b> Creative Arts 3-5pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>11</b> Gentle Yoga 12-1:15am Kingston Library  Cancer & Finances 2-4pm – CSH	<b>12</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>13</b> Moving for Life 10-11am Kingston Library  Memoir Writing II 2-4pm CSH	<b>14</b>
	<b>16</b> Tai Chi, 10-11am – CSH  Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH  Caregivers Support Grp. 5:30-7pm – CSH	<b>17</b> Creative Arts 3-5pm – CSH  Finding & Creating Your Vision 5-7pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>18</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH  Men's Support Grp. 5:30-7pm – CSH	<b>19</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Group 5:30-7pm – CSH	<b>20</b> Moving for Life 10-11am Kingston Library  Memoir Writing II 2-4pm CSH	<b>21</b>
<b>BCO Integra- tive Medicine Conference 9am – 4pm SUNY New Paltz www.breastcanc eroptions.org</b>	<b>23</b> Tai Chi, 10-11am – CSH  Gardening for Health & Healing 5:15-6:30pm – CSH  Wisdom of Chinese Medicine 7-8:30pm – CSH	<b>24</b> Miso Happy Cooking "Cooking for Thanksgiving" w/ Kathy Sheldon & Bettina Zumdick 10:30am CSH Kitchen  Creative Arts 3-5pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>25</b> Gentle Yoga 12-1:15am Kingston Library  Ovarian Support Group 7-8:30pm – CSH	<b>26</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>27</b> Moving for Life 10-11am Kingston Library  Memoir Writing II 2-4pm CSH	<b>28</b>
	<b>30</b> Tai Chi, 10-11am – CSH	<b>31</b>   Creative Arts 3-5pm – CSH  Qigong 7-8pm – ASB, Auditorium				



# November 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	Sat.
			<b>1</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH  Hypnosis for Smoking Cessation 5:30-7pm - CSH	<b>2</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Advance Directives Work- shop 5:30-7:30pm – CSH	<b>3</b> Moving for Life 10-11am Kingston Library  Women's Support Grp. 11am-12:30pm – CSH  Memoir Writing II 2-4pm CSH	4
<b>5</b> Daylight Savings Time Ends  	<b>6</b> Tai Chi, 10-11am – CSH  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> Fl Conf. Rm	<b>7</b> Miso Happy Cooking “Late Summer Cooking” w/ Kathy Sheldon & Betti- na Zumdick 10:30am – CSH Kitchen  Creative Arts 2:30-4:30pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>8</b> Gentle Yoga 12-1:15am Kingston Library  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> Fl Conf. Rm	<b>9</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>10</b> Moving for Life 10-11am Kingston Library  Memoir Writing II 2-4pm CSH	11
12	<b>13</b> Tai Chi, 10-11am – CSH  Cooking through Cancer Treatment & Recovery 5:15-6:30pm – CSH Kitchen  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> Fl Conf. Rm	<b>14</b> Miso Happy Cooking “TOVO – Lunch Outing” w/ Kathy Sheldon 12:15PM Restaurant TBA  Creative Arts 3-5pm – CSH  Finding & Creating Your Vision 5-7pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>15</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH  Cancer & Finances 2-4pm – CSH  Men's Support Grp. 5:30-7 –CSH  The Butt Stops Here 6-7pm – 2 <sup>nd</sup> Fl Conf. Rm	<b>16</b> The Great American Smoke-out    Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Grp. 5:30-7pm – CSH	<b>17</b> Moving for Life 10-11am Kingston Library  Look Good Feel Better 10am-12pm CSH  Memoir Writing II 2-4pm CSH	18
19	<b>20</b> Tai Chi, 10-11am – CSH  Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>21</b> Creative Arts 3-5pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>22</b> Gentle Yoga 12-1:15am Kingston Library	<b>23</b> Happy Thanksgiving    <b>CLOSED</b>	<b>24</b>	25
26	<b>27</b> Tai Chi, 10-11am – CSH	<b>28</b> Creative Arts 3-5pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>29</b> Gentle Yoga 12-1:15am Kingston Library  Ovarian Support Group 7-8:30pm – CSH	<b>30</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH		

# December 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	Sat.
					<b>1</b> Moving for Life 10-11am Kingston Library  Women's Support Grp. 11am-12:30pm CSH  Memoir Writing II 2-4pm CSH	2
3	<b>4</b> Tai Chi, 10-11am – CSH	<b>5</b> Miso Happy Cooking "Mini Cooking Class" w/ Kathy Sheldon @ 9:30am "Annual Holiday Potluck Gathering" @ 11:30am-1:45pm – CSH  Creative Arts 3-5pm – CSH  Finding & Creating Your Vision 5-7pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>6</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH	<b>7</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>8</b> Moving for Life 10-11am Kingston Library  Memoir Writing II 2-4pm CSH	9
10	<b>11</b> Tai Chi, 10-11am – CSH	<b>12</b> Creative Arts 3-5pm – CSH  Qigong 7-8pm – ASB, Auditorium  Cancer & Finances 2-4pm – CSH	<b>13</b>  Gentle Yoga 12-1:15am Kingston Library	<b>14</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>15</b> Moving for Life 10-11am Kingston Library  Memoir Writing II 2-4pm CSH	16
17	<b>18</b> Tai Chi, 10-11am – CSH  Coping Skills: Finding Ease & Inner Balance 3-4:30pm – CSH  Family/Caregivers Support Grp. 5:30-7pm – CSH	<b>19</b> Creative Arts 3-5pm – CSH  Qigong 7-8pm – ASB, Auditorium	<b>20</b> Gentle Yoga 12-1:15am Kingston Library  Being Mortal 1:30-3pm – CSH  Men's Support Grp. 5:30-7 – CSH  Ovarian Support Group 7-8:30pm – CSH	<b>21 Solstice</b> Smartbells® 9:30-10:45am ABS, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Grp. 5:30-7pm – CSH	<b>22</b> Moving for Life 10-11am Kingston Library  Memoir Writing II 2-4pm CSH	23
<b>24</b> Christmas Eve 	<b>25</b>  <b>CLOSED</b>	<b>26</b> <b>CLOSED</b>	<b>27</b> <b>CLOSED</b>	<b>28</b> <b>CLOSED</b>	<b>29</b> <b>CLOSED</b>	30
<b>31</b> New Year's Eve  HAPPY NEW YEAR <b>CLOSED</b>						





We invite you to be a part of our **Birthday Directory!** OSP will send each month via email a list of birthdays for the following month. Please submit your name and 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](mailto:doris.blaha@hahv.org) with your information.



**Happy Birthday**

**We Lovingly Remember:** 

**Haratis Banks  
Fawn Beadle  
Jaqueline Beesmer  
William Brennan  
Katherine Cairo-Davis  
Anthony Cruise  
Mary DeCicco  
Leslie Decker  
Carol Frangelo  
Dorothy Frankel  
Margaret Gorman  
Paul Hamilton  
Walter Hamilton  
Herta Jurgeleit**

**Michael O'Connor  
Stephen Perfit  
Lynn Rack  
Ann Riester  
Eileen Rosman  
Sarah Shepard  
Jan Van Heusen  
Anita Walkes  
Virginia Kiernan**

**Robert Kivlan  
Amy Langley  
Norman Nitschke  
Cordell Stahl  
Anita Walkes  
Cat Barney  
Jacqueline Hines  
David Hval  
Robert Lee Smith**



*Our dear Robert (Bob ) Smith....  
All who knew you were touched by your welcoming presence, your honesty and vulnerability, your thirst for learning and your reverence for the natural world. Thank you for being a dedicated friend throughout the years to so many at OSP. We will miss you. Our love and appreciation for you will live on in our hearts. —  
Your OSP family*

**Thank You**

**FOR YOUR GENEROUS SUPPORT**



**In memory of Robert Lee Smith:**

*Arlene Joy Reynolds  
Joy O'Connor  
Thomas and Bonnie Broadwater  
Jean Rae Miles*

**In memory of Paul Hamilton:**

*Gloria DeFalco Hamilton  
Eula Doggett  
William and Linda Roser*

**Terry Januzzo**

*to the  
Linda Young  
Ovarian Cancer  
Support Program*

**Thanks to all who attended and sponsored the**

**Anchors Aweigh Cruise**

*Sponsors: Helsmoortel Realty & Insurance,  
Grace & Clifford Schoonmaker in Memory of  
Dr. Kristin Vergunst, Turner Sano-Rubin VJ,  
Ulster Federal Credit Union,  
Centers Health Care,  
Mother Earth's Storehouse*

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

**Ann Hutton, Abigail Thomas, Kathy Sheldon, Al Konigsberg, Monica Meyle, Rob Kilpert, Marilyn Fino, Annie LaBarge, Craig Mawhirt, Toby Krawitz, Bev Nielson, Susan York, Ujjala Schwartz, Barbara Sarah, Melissa Eppard, Peter Blum, Jason Elias, Debbie Denise, Tammara Taylor, Tom Tuthill, Elizabeth Koelmel, Sophia Pelligrino, Gloria Vega, Jodi Longto, Darlene Bover, Rick Mantey, Kendra VanHouten, Bev Lasting, Darlene Villaneuva, Amy McCaden, Steffen Kraehmer, Cheryl McKeever, our Nurturing Neighbors and other fabulous volunteers.**

**READER SUBMISSIONS  
ARE WELCOME!**

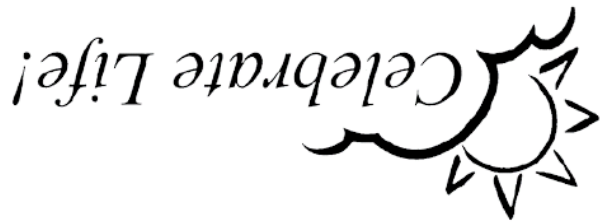
We invite you to submit writings which may be included on our newsletter or placed on the HAHV/OSP website! Please submit to [ellen.marshall@hahv.org](mailto:ellen.marshall@hahv.org).

The information in this newsletter is for educational purposes only and is not intended to be used as medical advice. Please consult your physician about questions regarding your treatment.

You can also find this newsletter at:  
[www.hahv.org/service/cancer-support-program](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

*Live as if you were to die tomorrow.  
Learn as if you were to live forever.*

**Mahatma Gandhi**

**SUBSCRIPTION INFORMATION**

To be on our mailing list please call:  
**845-339-2071** or email: [doris.blaha@hahv.org](mailto: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](mailto:doris.blaha@hahv.org)