



A newsletter for cancer patients, their families and friends

Feb/Mar/Apr/May 2019



HealthAlliance

Westchester Medical Center Health Network



Oncology Support Program of HealthAlliance Hospital

Westchester Medical Center Health Network

Mailing Address: 105 Mary's Ave., Kingston, NY 12401

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

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

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

CANCER SUPPORT SERVICES



Individual and Group Support

Arts & Healing Classes

Wellness Programs

Educational Events

Lectures and Discussion Groups

**Library of Cancer-related Books/
Resources**

Integrative/Complementary Medicine Workshops

Programs inspired by the Linda Young Healing Garden

ONCOLOGY SUPPORT PROGRAM

*is dedicated to supporting
people living with cancer.*

*OSP offers innovative
programming, education and
comprehensive
psychosocial support. We
honor the spectrum of human
diversity and provide a nurtur-
ing environment that promotes
dignity, wellness and
celebrates the fullness of life.*

— Since 1994



Greetings from OSP

As we move into a new year, the staff of OSP would like to thank those who have participated in our programs whether as a patient, family member, friend, volunteer or health care professional. Together we have created a dynamic support community that offers comprehensive and integrative services to those dealing with the complexities of a cancer diagnosis.

OSP's support groups, healing arts, wellness and educational programs continue to be offered in the warm and welcoming setting of the Reuner Cancer Support House while our social workers provide compassionate care to patients at the Mary's Avenue and Broadway campuses. We would like to thank one such social worker who has been with our program for over five years and was previously an intern—Valerie Linet. Our dear Valerie will be leaving her position in order to have more time for her growing private practice. We are glad to say that Valerie will continue to offer her "Coping Skills Group" at OSP. Thank you, Val, for your years of dedication and your continued commitment to our community.

We also thank all of you, our generous donors and volunteers. What an amazing community in which we live and work....such talent, commitment and love directed toward those who are struggling with cancer. It is through your donations, time and dedication that cancer patients and their loved ones are able to feel encouraged and held as they face the many feelings and decisions that come their way. This year we are celebrating **OSP's 25th year anniversary**. We look forward to yet another year, co-creating with all of you the amazing support community called OSP.

Ellen Marshall MS, LCSW-R, OSW-C, Director of OSP and Oncology Social Worker

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, ext. 101, jennifer.halpern@hahv.org

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



Front: (L. to R.)
Valerie, Elise, Ellen
Back: (L. to R.) Doris, Jennifer

Financially Support the Oncology Program All Year Round!

At the Oncology Support program, our services are free or available at a very low fee. 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 _____

SUPPORT SERVICES AT OSP

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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.

Living with Cancer—A Support Group for Women, facilitated by Jennifer Halpern, PhD., LMSW, 3rd Fridays, Feb. 15, Mar. 15, Apr. 19, May 17 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. Last Wednesdays, Feb. 27, Mar. 27, Apr. 24, May 29 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 Tobioka, RN. 1st Thursdays, Feb. 7, Mar. 7, Apr. 4, May 2 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, Feb. 18, Mar. 18, Apr. 15, May 20 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, Feb. 21, Mar. 21, Apr. 18, May 16 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/



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

facilitated by Valerie Linet, LCSW-R.

Overwhelmed by your cancer diagnosis and treatment? Worried about cancer recurrence? Feeling stressed as a caregiver? In this safe, supportive space, you will learn practical skills to manage anxiety, reduce stress and increase a sense of well-being. Classes integrate principles of Somatic Experiencing (SE), Dialectical Behavioral Therapy (DBT) and Mindfulness-Based Stress Reduction (MBSR).

Open to newly-diagnosed and long-time cancer survivors as well as caregivers.

Pre-registration is required. For more information, please call the Oncology Support Program at
(845) 339-2071

3rd Mondays, 11:00 a.m.—12:30 p.m.
Feb. 18, Mar. 18, Apr. 15, May 20



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**.

New: Glioblastoma Support Group, facilitated by Jennifer Halpern, PhD., LMSW.

3rd Tuesdays, Feb. 19, Mar. 19, Apr. 16, May 21 6-7:30 p.m. (additional dates scheduled by request)

A new group is forming for malignant astrocytoma and glioblastoma (GM) patients and those who care about them. Learn more about the unusual nature of brain tumors and coping with the effects of those tumors and the treatments involved. Support each other by sharing research, coping methods and experiences. Contact OSP at ext. 101

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.



Explorations on Being Mortal:

A support & discussion group

**First & Third Wednesdays, from 1:30 to 3 p.m.
Feb. 6 & 20, Mar. 6 & 20, Apr. 3 & 17, May 1 & 15**

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: Apr. 2, 5:30-7:30 p.m.

Reuner Cancer Support House

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

This Advance Care Planning workshop will provide an overview of the **Health Care Proxy, Living Will and MOLST** documents, allowing you to appoint a Health Care Agent (health care representative & advocate) 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 trouble-shoot 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.



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.



Thru My Eyes began when co-founders Carri Rubinstein and Michelle Maidenbergl were asked by a friend diagnosed with cancer for help creating a legacy video for her daughter. Since then, Thru My Eyes has created nearly 300 such recordings. Each interview is guided by a trained professional. There is

no charge for an individual living with a potentially life threatening illness who is the parent or the primary caregiver of a child 21 years or younger. For more information, go to **www.ThruMyEyes.org** or contact Thru My Eyes at **(914) 725-1836** or **info@thrumyeyes.org**.



NURTURING NEIGHBORHOOD NETWORK

Are you facing a cancer diagnosis? Would you benefit from one-on-one support from someone who's been through it? You might like to be matched with a Nurturing Neighbor, a local volunteer and cancer survivor trained through OSP to offer peer support. **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

Valerie Linget's Goodbye

As some of you already know, at the beginning of February I will be leaving my position as staff social worker at the Oncology Support Program. It is a bittersweet occasion. Like many of you, I have a long history with this program, and I feel deeply connected to my OSP family. I first came here as a social work intern in 2004, when I was supervised by OSP founder, Barbara Sarah. A decade later, I returned to the program as a staff member, and have been in that role for the past five years. I have appreciated working at the Support Program for many of the same reasons that you love being a program member—the sense of community is heart-warming and nourishing; my co-workers are dedicated, creative, authentic people from whom I learn so much; the environment is humanizing, comforting, and extremely unique in a medical/social service setting; and the program members are inspiring, resilient people who teach me how to be more fully myself in the face of life's challenges. I am grateful to have been given the freedom and entrusted with the privilege to uphold traditions as well as create new programs in the service of healing within this community. While I will pass on my responsibilities, including coordinating the Nurturing Neighborhood Network peer support program, doing visits at the Infusion Center, and facilitating the Younger Women's Support Group to other staff members, I will continue to be a close friend to the program and offer my Coping Skills group at OSP for the foreseeable future.

The decision to leave OSP as a staff member will afford me the opportunity to consolidate my work life. It will allow me to give more energy to my private therapy practice in Woodstock and Olivebridge, which at this point, has a life of its own that is asking for more time and attention.

Heartfelt thanks to all of the hospital staff, program members, and my beloved team... Doris, Ellen, Jennifer, and Elise... for enriching my life in meaningful ways. Although I intend to remain connected to OSP and will not be going far, this is a significant transition for me personally and in the life of the OSP community. My work here has, among other things, taught me the importance of marking transitions. In this spirit, I am reminded of a Lucille Clifton poem which I think can speak to each of us, no matter what changes we might be experiencing at this moment in our own lives.

With love, Valerie

blessing the boats
BY LUCILLE CLIFTON (at St. Mary's)
may the tide
that is entering even now
the lip of our understanding
carry you out
beyond the face of fear
may you kiss
the wind then turn from it
certain that it will
love your back may you
open your eyes to water
water waving forever
and may you in your innocence
sail through this to that

Valentines for Volunteers

The Oncology Support staff will honor our beloved volunteers at a special evening event. We will share a festive dinner followed by a lovely recognition ceremony.

Special Honorees:
Tara Ryan & Marilyn Fino



Monday, Feb. 4

6:30-8:00 p.m.

Snow date: Thurs., Feb. 8

WMC HealthAlliance Hospital:
Mary's Avenue Campus
Administrative Services Building,
Adm. Conference Rm.



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



JOIN US FOR A Free Program:

A Morning of Self-Care for those affected by cancer

*Nurture yourself with:
Reiki, Natural Skin Care,
Nourishing Food & Snacks*

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

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

Saturday, May 18th 10:00 a.m. to 12:30 p.m.

Reuner Cancer Support House

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

**CANCER SCREENING
CAN *Save* YOUR LIFE**



If you don't have insurance or are underinsured, you may be eligible for FREE:

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)

**For more information, call the
Cancer Services Program (CSP)
(855) 277-4482**

Hudson Valley Region

Cancer Services Program

Your partner for cancer screening, support and information



Exercise Classes

\$8 suggested donation.
Sliding scale as needed.

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

Tai Chi

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

Kingston Library, Franklin Street

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

Gentle Yoga

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

Kingston Library, Franklin Street

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

SmartBells® & HEART® Class

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

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

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



FREE: "MOVING FOR LIFE"
DanceExercise for Health®

An Exercise Program for Cancer Recovery

Dr. Martha Eddy, Ed.D, RSMT, CMA, an exercise physiologist with a Doctorate Degree in Movement Science and Education from Columbia University, developed this program which is offered free to our community due to the generous support from the New York State Dept. of Health Community-Based Cancer Support and Wellness Program.

Classes combine aerobic dance, strengthening and flexibility exercises, music and somatic movement and are personalized to meet the needs of participants. Movements can be done seated or standing and are safe and accessible to women at all phases of cancer treatment. The program prioritizes women with breast cancer and breast cancer survivors, but is open to the entire community and is especially beneficial to people with chronic illness.

Fridays, 10:00-11:00 a.m.

Kingston Library, Franklin St., Kingston

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



Gardening for Health & Healing

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

The OSP Gardening Group will re-convene and plant seeds in our container gardens.

Rob Kilpert, Founder of Healing Fields Farm, LLC, will teach us how to prepare nutrient rich soil which is needed to 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, May 6, 5:00—6:30 p.m. Reuner Cancer Support House

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

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

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.

Plant-Based Spring Cooking with Amber Maisano

Tuesday, March 26 at 10:30 a.m.

How to align our diet and lifestyle with the energy of the season. Includes gentle and effective recipes and advice on cleansing the excess stored from winter out of the body. We will prepare for Spring with light fresh foods.

Amber has presented and taught cooking classes at the Macrobiotic Summer Conference in Lenox, MA the last two years. She has served as General Manager as well as Executive Chef and Kitchen Manager at the Kushi Institute. She has also taught cooking, macrobiotic lifestyle, philosophy and Shiatsu classes and works in the Berkshire area as a personal macrobiotic chef and wellness counselor.

Plant-Based Eating: Two Classes: A Lecture and a Cooking Program

Tues., April 23 at 10:30 a.m.

Plant-Based Cooking, Part 1

In the lecture segment, Bettina will continue the discussion of foods that help strengthen the immune system and support cancer prevention. Join this class to learn more about plant based eating.

Tues., May 14 at 10:30 a.m.

Plant-Based Cooking, Part 2

The cooking segment will demonstrate how to prepare delicious vegan food. All prepared dishes will be sampled.

Bettina Zumdick is a teacher, counselor, humanitarian and author who has integrated modern knowledge of the West with the ancient wisdom of the East. With a strong background in food science, dietetics and nutrition from Wilhelms University in Muenster, Germany, she has shared her knowledge of food as medicine for over 30 years. Bettina is currently overseeing the dietary guidelines for a forthcoming medical study with Tufts University on the macrobiotic approach to breast cancer. She is Co-Director at Planetary Health, an educational 501(c)3 organization. Her experience in the fields of holistic health, wellness and macrobiotics has helped thousands of people regain and maintain their health and vibrancy.

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



Integrative/Complementary Approaches to Cancer — A Support and Educational Group

1st Wednesdays, Feb. 6, Mar. 6, Apr. 3, May 1, 4:30~6:30 p.m.

Reuner Cancer Support House

An overview of studies indicates that around half of people with cancer use some sort of integrative or complementary therapy at some time during the course of their illness. These therapies may be used to reduce cancer symptoms or treatment-related side effects, boost the immune system, improve well-being and/or influence outcome.

OSP invites members of the community interested in integrative approaches to cancer care to share resources, experiences, identify topics of interest and LEARN, together.

Experts on selected topics will be invited to deepen group members' understanding of specific integrative modalities.

What do **you** want to learn more about? Join the group and give us your input!

The Oncology Support Program does not endorse any specific integrative treatment but rather serves a vehicle for education, sharing and mutual support.

Group will be facilitated by **Ellen Marshall, MS., OSW-C**, Director of OSP, Oncology Social Worker with 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.

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

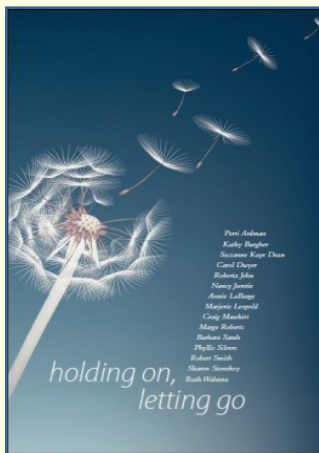
Memoir Writing Workshops

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



The **OSP Memoir Group's**
published anthology
holding on, letting go

To order a copy, please call OSP
at (845) 339-2071 and make
check payable to:

HOLDING ON LETTING GO
MEMOIR GROUP
P.O Box 3533, Kingston, N.Y. 12402

Community Reading of our Memoir Writing Workshops

Please join us for an inspiring evening as
the members of our Thursday and Friday
writing groups share their writings.

Friday, May 3, 6:00-8:00 p.m.

Art Bar Gallery
674 Broadway, Kingston
Light refreshments and drinks
for purchase at the Bar.



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 volunteers **Marilyn Fino, Bev Nielsen and guest artists**. Try collage, fiber arts, painting, clay work, jewelry making, print making 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 (weather permitting!)

Special Program: *Baskets for Healing* with Katie Grove
Friday, April 19, 12:30-2:00 p.m.
Reuner Cancer Support House

Join us in creating a unique and beautiful gift for yourself or a loved one using materials found in nature. White pine is a beautiful native tree that is a symbol of flexibility and grace. In this introductory basketry workshop, we will use pieces of white pine bark to create small medicine pouches and decorate them with colorful birch bark and other natural materials.

Katie has a BFA in Printmaking from SUNY New Paltz and a background in fiber arts.
She teaches nature and art workshops in the Hudson Valley and exhibits her work in local galleries.





Need help with transportation to treatment or medical appointments?

(advance notice required and availability may be limited)

- Seniors age **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.

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

**2nd Wednesdays,
Feb. 13, Mar. 13 & Apr. 10,
May 8, 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. (when funds available)

Contact Amy Colon at Family of Woodstock. **(845) 331-7080**



Premier Fund: Financial assistance to eligible cancer patients with a urologic or digestive cancer in active treatment. (when funds available)

Contact Amy Colon at Family of Woodstock. **(845) 331-7080**



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).



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 am to 1 pm. 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 financially qualify. Call: **(800) 332-3742**



Jewish Family Services of Ulster:


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



February 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 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	2 
3	4  Tai Chi 10:30-11:30am Kingston Library	5	6 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Integrative Support Group 4:30-6:30pm – CSH	7 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm – CSH	8 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	9
10	11 Tai Chi 10:30-11:30am Kingston Library	12	13 Gentle Yoga 12-1:15pm Kingston Library Cancer & Finances 2-4pm – CSH	14 Valentine's Day  Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	15 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm – CSH Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	16
17	18  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	19 Glioblastoma Support Group 6-7:30pm – CSH	20 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	21 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Group 5:30-7pm – CSH	22 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	23
24	25 Tai Chi 10:30-11:30am Kingston Library	26	27 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	28 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH		

March 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 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	2
3	4 Tai Chi, 10:30-11:30am Kingston Library	5	6 Ash Wednesday Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Integrative Support Group 4:30-6:30pm – CSH	7 Smartbell® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm – CSH	8 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	9
10	11 Tai Chi, 10:30-11:30am Kingston Library	12	13 Gentle Yoga 12-1:15pm Kingston Library Cancer & Finances 2-4pm – CSH	14 Smartbell® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	15 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm CSH Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	16
17 	18 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	19 Glioblastoma Support Group 6-7:30pm – CSH	20  Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	21  Smartbell® 9:30-10:45am ASB, Auditorium Younger Women's Support Grp. 5:30-7pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	22 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	23
24	25 Tai Chi, 10:30-11:30am Kingston Library	26 Miso Happy Cooking "Plant-Based Spring Cooking" 10:30am-1pm CSH Kitchen	27 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	28 Smartbell® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	29 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	30
31						

April 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	2 Advance Care Planning Workshop 5:30-7:30pm – CSH	3 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Integrative Support Group 4:30-6:30pm – CSH	4 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp 5:30-7pm – CSH	5 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	6
7	8 Tai Chi, 10:30-11:30am Kingston Library	9	10 Gentle Yoga 12-1:15pm Kingston Library Cancer & Finances 2-4pm – CSH	11 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	12 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	13
14 Palm Sunday	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 Glioblastoma Support Group 6-7:30pm – CSH	17 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 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 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm CSH Creative Arts "Baskets for Healing" 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	20 Passover
21 Easter Sunday	22  <i>Earth Day</i> Tai Chi, 10:30-11:30am Kingston Library	23 Miso Happy Cooking "Plant-Based Cooking, Part 1" 10:30am-1pm CSH Kitchen	24 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	25 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	26 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	27 Last Day of Passover
28	29 Tai Chi, 10:30-11:30am Kingston Library	30				

May 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 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH Integrative Support Group 4:30-6:30pm – CSH	2 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Men's Support Grp. 5:30-7pm – CSH	3 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH Memoir Group Community Reading 6-8pm Art Bar Gallery Kingston, NY	4
5	6  Tai Chi, 10:30-11:30am Kingston Library Gardening for Health & Healing 5-6:30pm – CSH Linda Young Healing Garden	7	8 Gentle Yoga 12-1:15pm Kingston Library Cancer & Finances 2-4pm – CSH	9 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	10 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	11
12 	13 Tai Chi, 10:30-11:30am Kingston Library	14 Miso Happy Cooking "Plant Based Cooking, Part 2" 10:30am-1pm CSH Kitchen	15 Gentle Yoga 12-1:15pm Kingston Library Being Mortal 1:30-3pm – CSH	16 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	17 Moving for Life 10-11am Kingston Library Women's Support Grp. 11am-12:30pm CSH Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	18 A Morning of Self-Care 10am- 12:30pm – CSH
19	20 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	21 Glioblastoma Support Group 6-7:30pm – CSH	22 Gentle Yoga 12-1:15pm Kingston Library	23 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	24 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	25
26	27  CLOSED	28	29 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	30 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	31  Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	



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 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:

Lois Andrew
Ralph Banks
Margot Bornschein
Mary Boyle
Ellen Budes
Doreen Elliott
Filippo Faso
Russell Frost
Kathleen Gallagher
Kenneth Gottstine
Fred Greenberg
Marilyn Hermance
Rolland Hommel
Benjamin Johnson
Moira Joyce
Peter Kaufman

Loretta Keeley
Jay Klitzner
Rowena Koester
Maribeth Lee
Jonathon Mainieri
Julia Mathers
Brendon McCrane
Charles Meiswinkel, Jr.
Nathan Milgrim
Paul Mozian
Donald Myers
Michael Nagy
Mary Nickerson
Luciano Pagano
Arthur Plichta
Norman Ronk, Sr.

Lauren Rosenberg
Susan Schultz
Bill Sepesy
David Short
Remy Skidmore
Yvonne Sill
Sandra Silva
Paul Smith
Darryl Spurek
Hilary Swann
Linda Tamm
James Wood
Robert Worden
William Wurst
Scrappy Yallum
Dara Young

Donation

In Honor of Ann Hutton & Friday's Memior Writing Group

Anita Wetzel

In Honor of Al Konigsberg

Constance Rudd
Elise Gold

In Honor of David Mantley

Mr. & Mrs. Richard Mantley

In Memory of John Teitter

Eleanor Teitter

In Memory of Christine Romeo
Romeo Chevrolet Buick-GMC

Thank You

FOR YOUR GENEROUS SUPPORT

Donations

New Paltz Women's Golf Association

UC Italian American Foundation

Anna Bentsi-Barnes

Tom Hackett

Jennifer Halpern

Mr. & Mrs. John Solian

Elizabeth Stanzione

In Memory of Therese Farrell Connors
Mr. & Mrs. Richard Mentley

Donation

In Memory of
Helen A. Tizzani

Kathy Sheldon

In Memory of
Beth Davies

Maryann Antonelle

In Memory of Paula & Michael Michela

Mr. & Mrs. Paul
Van Schaack

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, Joe Hall, Glenn Grubard, Puja Thomson, Zoe Moffit, Brenda Relyea, Hudson Valley Reiki Practitioners, Susan York, Kristen Swanson, Darlene Bover, Gloria Vega, our Nurturing Neighbors and other fabulous volunteers.



Special thanks to Darlene Bover for raising funds for OSP through the Italian American Festival

Special thanks to members of the Salvation Army for making Pillow Hearts for our cancer patients. Left to Right: Megan, Lieutenant Rebecca, Diane, Lieutenant Sam, Lizette, Gianna



READER SUBMISSIONS ARE WELCOME!

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

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

You can also find this newsletter at:

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

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Kingston, NY 12401

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

***People will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel.
- Maya Angelou***

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