Celebrate Life!

A newsletter for cancer patients, their families and friends.

ONCOLOGY SUPPORT PROGRAM OF HEALTHALLIANCE HOSPITALS

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

ADVANCING CARE. HERE.
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

**Greetings from OSP**

**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

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**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.
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/

**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.

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/
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

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

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**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](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!

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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
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 our 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 Ortloff, 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 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

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
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

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

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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)

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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
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.

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: hopenemi@icloud.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 to 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. (CUMC)
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/cancer-research-institute-immunotherapy-patient-summit-live.
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<td>Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH</td>
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**Notes:**
- **Gentle Yoga**: 12:15pm, Kingston Library
- **Smartbells®**: 9:30-10:45am, ASB, Auditorium
- **Memoir Writing Workshop**: 3-5:30pm, CSH
- **Men’s Support Grp.**: 5:30-7pm, CSH
- **Creative Arts**: 12:30-2pm, CSH
- **Memoir Writing II**: 2-4pm, CSH
- **Moving for Life**: 10-11am, ASB Auditorium
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

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: ❤

Thomas Appa
Joe Aversano
Thomas Biscoglio
Tom “TJ” Blair
Gerard Boggs
Joseph Bridges
Glen Brown
Lorraine Byington Jankowski
Erica Chase-Salerno
Robert Cook
Lela Cooper

Richard Diehl
Frederick Franke
Anne Jane Morse
Michelle Nerone
Robert Nyulassy
Jane Rifenberg
Tomas Sullivan Sr.
Robert Veloce

Thank You for your Generous Support

Donation

In Memory of

Nancy Amato
Doris Blaha

In Memory of

Beth Davies
Maryann Antonelle

In Memory of

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

In Honor of

Anna Bentis-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

In Honor of

Al Konigsberg
Rosalyn Cherry
Matthew Swerdloff

In Honor of

Mr. David Mantey
Mr. & Mrs. Richard Mantey

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___________________________________________________________

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 Moffit and Hudson Valley Reiki Practitioners, Gloria Vega, Josh Boughton, Betty Gilpatrick, 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

Newsletter:
Writer and Editor: Ellen Marshall
Graphic Designer: Doris Blaha
Proofreader: Jennifer Halpern
Love can travel thousands of miles and so life has no limits

Steve Jobs