



A newsletter for cancer patients,
their families and friends.

Celebrate Life!

May/June/July/Aug 2022

ONCOLOGY SUPPORT PROGRAM of HEALTHALLIANCE HOSPITAL

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

**Individual and Group Support—Healing Arts Classes—Wellness & Integrative Programs—
Educational Lectures and Discussion Groups—Library of Cancer-Related Books/Resources**



**SUPPORT GROUPS/PROGRAMS are being held either virtually or in a hybrid model.
Please contact OSP for more information about the group or
program you are interested in attending.**

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: <https://www.hahv.org/oncology-support-program>



HealthAlliance

Westchester Medical Center Health Network

hahv.org

ADVANCING CARE. HERE.

Greetings from OSP



We are delighted that the beauty and abundance of the Spring and Summer months are upon us and grateful that we have stayed connected over the winter months, in spite of the pandemic. Thank you for participating in our many groups and programs.... you have been a wonderful support to one another and we have been privileged to be part of your lives.

There are a few changes at OSP – some new beginnings and some sad endings as life would have it. We are delighted that our former intern, Catherine Gleason, now brings her up-beat spirit to OSP as a per diem social worker. Our dear Elise Lark, who has been with OSP for over 15 years, is leaving her position in order to focus on opening *Jim and Lisa's Circle Home*, a comfort home for the dying in Kingston. Elise's compassion, depth of understanding and commitment are immeasurable; we are grateful for her work over the years and know she will continue to be an asset to our community. We also say a fond farewell to our Social Work Intern, Carla Steckman, and wish her the best as she moves on in her career.

In addition to our ongoing support groups, wellness programs and healing arts classes, we have some informative presentations coming down the pike so please check out our newsletter. A few highlights are a talk on novel treatments for GI and Pancreatic Cancer, a presentation on Cancer and Genetics, a program on Visualization for Change and more!

We are also excited to host our 22nd Annual Cancer Survivors Event at the Robert Post Park on the Hudson River, the evening of June 3rd. Hopefully many of you will feel safe enough to gather in an outdoor setting amidst the beauty of the river and enjoy the magic of one another's presence. Hope you can join us.

— Wishing you all safety, health and peace. Looking forward to staying connected,

Ellen Marshall, MS., LCSW-R, OSW-C, Director of the Oncology Support Program

ONCOLOGY SUPPORT PROGRAM STAFF

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

Social Worker: Catherine Gleason, PhD, LCSW ext. 101, catherine.gleason@hahv.org

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

Founder: Barbara Sarah, LCSW



OSP Welcomes Catherine Gleason!

During the course of my career, my internship at OSP ten years ago always stood out. This program helps people during a time in life when support, resources, and a positive outlook are much

needed. I have had an eclectic background in law, business, and other industries and obtained my doctorate degree in Social Work from Albany University's School of Social Welfare. My passion to empower individuals and communities during traumatic and stressful times is deepened by the insights gained through serving the public for over a quarter century. I am delighted to have this opportunity to re-join OSP as a per-diem Social Worker to support people whose lives are affected by cancer. I look forward to meeting you.

~ **Catherine Gleason, PhD, LMSW**



Please join us for our
22nd Annual
Cancer Survivors Celebration
The River of Life

*Delicious Light Supper
Music
Inspirational Speaker
Candle Lighting Ceremony*

**Friday, June 3
5:30 p.m.**

Robert Post Park
594 Park Rd, Kingston, NY
Registration required
Please call OSP at (845) 339-2071
or email: oncology.support@hahv.org

SUPPORT SERVICES AT OSP

If you would like join a group, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org

(Group facilitator will inform you if group is operating virtually, at the Support House or via Hybrid.)

Women's Cancer Support Group,

facilitated by Catherine Gleason, PhD, LMSW

2nd Fridays,

May 13, Jun. 10, Jul. 8, Aug. 12

11:00 a.m.-12:30 p.m.

Share common concerns and learn about living with cancer during and after treatment. For women of any age, at any stage, with any kind of cancer. Please contact OSP at ext. 100

Linda Young Ovarian Cancer Support Group,

facilitated by Ellen Marshall, LCSW-R, OSW-C

4th Wednesdays, May 25, Jun. 22, Jul. 27

& Aug. 24 7:00-8:30 p.m.

An informative and supportive setting for women diagnosed with ovarian cancer at any stage. Please contact OSP at ext. 103.

Men's Cancer Support Group,

facilitated by James Askin, LMSW

1st Wednesdays, May 4, Jun. 1, Jul. 6 & Aug. 3

6:00-7:00 p.m.

A supportive, confidential setting for men who have been diagnosed with any type of cancer. Please contact OSP at ext. 100.

Caregivers' Support Group,

facilitated by Catherine Gleason, PhD, LMSW

3rd Wednesdays, May 18, Jun. 15, Jul. 20 & Aug. 17,

5:00-6:30 p.m.

Mutual support for the unique challenges of caregiving a loved one with cancer. Individual support also available. Please contact OSP at ext.100.

Younger Women's Support Group,

facilitated by Ellen Marshall, LCSW-R, OSW-C

3rd Thursdays, May 19, Jun. 16, Jul. 21 & Aug. 18

5:30-7:00 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.

Please contact OSP at ext.100.

The Younger Women's Support Group is partnered with

Young Survival Coalition

<https://www.youngsurvival.org/>



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

Whether we are newly diagnosed with cancer, a long-term cancer survivor or a caregiver, a cancer diagnosis can be overwhelming. In this group, we will explore practical skills to help us regulate our nervous system and find inner balance as we face cancer-related stressors, from anxiety related to medical procedures to fear of recurrence. This group integrates techniques of somatic experiencing, yoga breathing practices and mindfulness.

Facilitated by Ellen Marshall, LCSW-R, OSW-C & Sarah Loughlin, MHC

1st Tuesdays, 11:00 a.m.—12:30 p.m.

May 3, Jun. 7, Jul. 5 & Aug. 2

To register, please contact OSP at ext. 100 or email: oncology.support@hahv.org

Loss and Bereavement Support Group

2nd Wednesdays,

May 11, Jun. 8, Jul. 13 & Aug. 10,

10:00-11:30 a.m.

Facilitated by Mare Berman, LCSW-R

Grief is often many-layered. You may have experienced the death of a parent, a partner, a child or friend from illness. Other losses may be stirred up as we grieve. Through guided meditation, mindfulness, sensory awareness exercises and discussion, we will explore, share and process our unique loss stories in a non-judgmental environment that supports our healing.

To register, please call (845) 339-2071 at ext. 100 or email: oncology.support@hahv.org



KID/TEEN/FAMILY Connection

Children or teens may be confused, angry or sad when someone they love is diagnosed with cancer. How do we speak to our children or teens about a cancer diagnosis in age-appropriate ways?

If you know a child or teen in need of support or would like to meet with an OSP Social Worker to discuss communicating about cancer, please call OSP at (845) 339-2071.

Elise Lark bids farewell after 15 years at OSP



*“Well, while I'm here I'll do the work — and what's the work?
To ease the pain of living [and dying]. ~ Allen Ginsberg*



Precious people, precious memories. Fifteen years of faces I have come to know, some ever-smiling at me from my bulletin board; faces unmasked by illness and the simple love of life; faces made familiar, enlivened by the bare essentials: trust, friendship, care. Looking around my desk at OSP, I am surrounded by keepsakes: photos, postcards and yellow sticky notes reminding me:

LOVE; BREATHE; SLOW DOWN & LISTEN; EVERYTHING CHANGES...

Among the many life-changing lessons during my stint here, I have learned that while most people say they prefer to die in their own home, not every person or family has the resources to carry forth a home death, and there are no local non-institutional alternatives.

This moral conundrum compelled me to return to school, engage in research, and to take action, including by starting the nonprofit Circle of Friends for the Dying. It was easy to rope in Barbara Sarah, Founder of OSP and the Cancer Support House. Together, we attracted other dedicated people to join us in the vision of creating another *kind* of support house: a community-supported comfort home for the dying. *Jim & Lisa's Circle Home* will be the first of its kind in the Mid-Hudson Valley. This special care model recognizes and celebrates the inherent value of death within everyday life; reframes dying as primarily a social rather than medical experience; returns dying and care of the dying back into the hands of skilled laypersons, family, and community; and restores familiarity and instills confidence in the capacity of ordinary folks to care for one another at the end of life.

Over these years, I have had the opportunity to practice saying goodbye, as recommended by Stephen Levine, and learned that we don't have to wait until our final moments to benefit from doing so. In fact, practicing saying goodbye—as if it is the last time—before there is cause to do so, is life and relationship enhancing. May I encourage you to try it? Just sit in a quiet room across from an empty chair and imagine a person you care about occupying the seat. Now, say whatever you truly wish for that person to know. Keep it simple. Speak from the heart. I promise you it will open your heart as being with you has opened mine.

— *Elise Lark*



Inpatient Palliative Care Support

If you or your loved one is in the hospital and suffering with distress or pain, ask your nurse for a palliative care consult. Dr. Maggie Carpenter is available for palliative care consults in the hospital setting. OSP social workers can also be consulted to help you learn ways to manage your symptoms through integrative 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.

Outpatient Community-Based Palliative Care

Community-based palliative care is appropriate for patients with serious or life-limiting illnesses, no matter their prognosis. This type of care focusses on providing relief from the symptoms and stress of the illness, with the goal of improving quality of life for the patient and the family.

Palliative care can be provided at the same time as curative and aggressive treatment at any stage of illness.



Hudson Valley Medical Health Choices, P.C.

Community palliative care provides services in the home, an assisted living facility, a nursing home, or wherever a person calls home. Affiliated with Hudson Valley Hospice.

For information, call: (845) 240-7557 or go to: <https://www.hvhospice.org/palliative-care>

Nightingale Medical— Dr. Maggie Carpenter

Community palliative care provides patients and their families with peace of mind and an extra layer of support for managing symptoms of advanced illness.

For information, call: (845) 633-8122 or go to: <https://www.nightingalemedical.org>



Integrative Cancer Support and Educational Group

Participants share resources and experiences with integrative modalities and learn from guest speakers.

Facilitated by **Tara Ryan and OSP Director, Ellen Marshall.**

Tara is a Cancer Hope Coach who has considerable experience with conventional and integrative treatments along with immunotherapy for the treatment of metastatic melanoma.

These programs are offered virtually. If you are interested in attending and receiving the remote link, please contact OSP at (845) 339-2071 or email: oncology.support@hahv.org

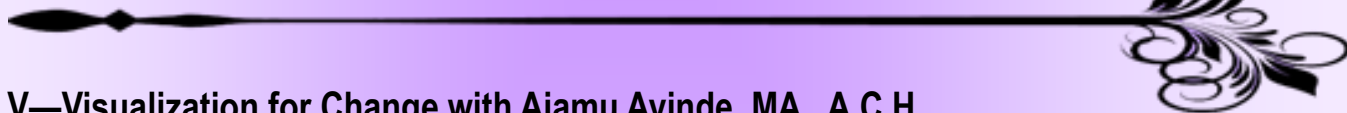
Pancreatic and Gastrointestinal Cancers: New Horizons-New Hope with Dr. Gulam Manji, MD., PhD Wed. May, 11, 5:30-6:30 p.m.



Dr. Gulam Manji is the Director of Pancreas Medical Oncology and Translational Research at the Pancreas Center, Columbia University Irving Medical Center-New York Presbyterian Hospital, New York, where he is also an Assistant Professor within the Division of Hematology and Oncology. Dr. Manji is an R01 funded physician-scientist whose research interest focuses on investigating immunosuppressive pathways within the tumor microenvironment and translating promising treatments to the clinic.

Dr. Manji oversees the clinical trials program within GI Medical Oncology and is the Principal Investigator of four multicenter investigator-initiated clinical trials. He also conducts translational research in his laboratory studying interactions between neoplastic and immune cells using multiplex immunofluorescence and an autologous co-culture model using patient derived tumor organoids. His efforts in the laboratory on the CXCR4-CXCL12 pathway led to him being awarded the ASCO Young investigator Award (2015) and the results were translated to an ongoing investigator-initiated clinical trial in pancreas cancer. He is an active member of the ALLIANCE GI Committee, NCI Pancreas Task Force, and the ALLIANCE Pancreas Working Group, and has published numerous peer reviewed manuscripts.

We are honored to have Dr. Manji share his knowledge with our community.



Vitamin V—Visualization for Change with Ajamu Ayinde, MA., A.C.H. Wed. June 8, 5:30-6:30 p.m.



Life balance is difficult to achieve when burdened by pain and/or stress related to a cancer diagnosis. Studies have shown that hypnotherapy is one of the most powerful ways to manage pain and stress, find rest, health recovery, and vitality. For optimal health, balance must be sought on physical, mental, cultural, and spiritual levels. Through imagery, suggestion and relaxation, people can achieve a quicker and fuller recovery from health challenges.

In this workshop Ajamu Ayinde will explore the Four Tiers of Vitamin V: (1) Eliminate fears and create hope and optimism (2) Create a new attitude (3) Deal with the side effects of conventional treatment (4) Develop cancer elimination imagery.

Ajamu James Ayinde, M.A., A.C.H. is a Certified Medical Hypnotherapist and Master Mental Coach with advanced training in pain management and catastrophic illnesses. He received his certification as a Master Practitioner of Neuro-Linguistic Programming. Ajamu was the 2004 International Association of Counselors and Therapists (IACT) Therapist of the Year. His work has been featured in local and national newspapers, magazines, internet radio, and cable television. He was the subject of a documentary film by History on Video which showcased African Americans in the field of holistic medicine. One of his specialties is psycho-oncology. For more information, go to: <https://ajamuayinde.com/>

**The Integrative Support and Educational Group will be taking a break for the summer months.
See you in September for more wonderful programs.**

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.



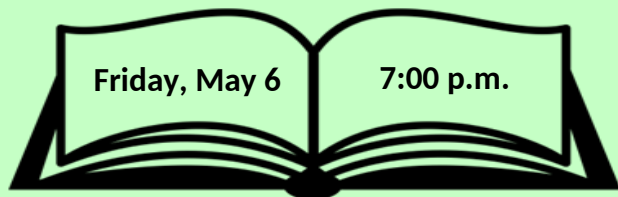
Thursday Memoir Group
facilitated by **Abigail Thomas**,
3:00-5:00 p.m.

Abby is the author of seven books, including the memoir, *A Three Dog Life* and most recently, *What Comes Next and How to Like It: A Memoir*. Abby has been inspiring and guiding members of the Thursday group for over ten years!

Monday Memoir Group
1:00-2:30 p.m.

For information or to join a writing group, please call (845) 339-2071 or email: oncology.support@hahv.org

Community Memoir Reading



You are invited to tune into this virtual program as members of our Monday and Thursday Memoir Writing Workshops gather and share their writings.

If you are interested, please contact OSP at oncology.support@hahv.org and we will send you the virtual link.

CREATIVE ARTS GROUP



Our weekly group offers a vehicle for you to connect and share in the creative process.

Try collage, painting, drawing, jewelry making, fiber arts, knitting and more.

Bring your own ideas to share.
No art experience is necessary.

Group is facilitated by volunteer artists & art educators **Marilyn Fino & Bev Nielsen**, along with guest artists.

Tuesdays, 1:00-3:00 p.m.

Special Creative Arts Program: Watercolor Painting with Fred Marshall

Artist Fred Marshall would like to share his love of watercolor painting with us and teach some helpful techniques. Please join us for this inspiring workshop.



Fred Marshall graduated from Pratt Institute and studied Fine Art at the Art Students League and The New York Academy of Art. He worked as an illustrator for major publications and advertising agencies and currently consults to Portraits Inc. in NYC. 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 in Washington D.C.

To view Fred's collection of work, go to:
<https://www.fredmarshallstudios.com/>

Tuesday, May 24, 1-3 p.m.

For information or to join a workshop, please call (845) 339-2071 at ext.100 or email: oncology.support@hahv.org



OSP's Linda Young Ovarian Cancer Support Program

is committed to educating the community about **early detection of ovarian cancer**

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.



Linda's Healing Garden

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

Would you like to get some fresh air, share companionship and have your very own place to plant flowers, bulbs, herbs and vegetables? If so, The Linda Young Healing Garden is calling you! Please join us for planting, tending and harvesting. We'll supply the materials — you share your time, energy and creativity. If you're interested in being part of the Linda Healing Garden Project, please call OSP at (845) 339-2071



SHARE Help for women facing breast or ovarian cancer. (English & Spanish)
Call: 844.ASK.SHARE or (844) 275-7427
<https://www.sharecancersupport.org/support/about-us-helpline/>



SHARSHERET®

Special Program offered by Sharsheret, co-sponsored by the Jewish Federation of Ulster County:



What You Should Know About Hereditary Cancer

Peggy Cottrell, MS, LCGC (Licensed & Board Certified Genetic Counselor)
Thursday, May 26 at 7 p.m. (virtual)

Sharsheret is a national non-profit organization dedicated to improving the lives of Jewish women and families living with, or at increased genetic risk, for breast or ovarian cancer. It is also committed to saving lives through educational outreach. While Sharsheret's expertise is in young women and Jewish families as related to breast cancer and ovarian cancer, Sharsheret programs serve all women and men.

Sharsheret's *Genetics for Life* program offers education about hereditary cancer. This is a particular concern in the Ashkenazi Jewish population, as 1 in 40 individuals carry a mutation that can predispose not only to breast and ovarian cancer, but also to male breast, prostate, and pancreatic cancer.

In this program, Peggy will explain how genetic information can help people make choices about their healthcare and reduce their risk of dying from cancer. The program will explore some of the other types of hereditary cancer that can be identified with testing. Peggy will discuss how genetic testing has evolved over the years and whether some individuals might benefit from an updated test. Information will be given to help people determine how to get an affordable cancer genetics test.

For more information about Sharsheret, go to: <https://sharsheret.org/>

To register, please call (845) 339-2071 at ext. 100 or email: oncology.support@hahv.org



SUPPORT CONNECTION

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

WELLNESS/EXERCISE PROGRAMS

If you are interested in attending, please call
OSP at 845 339-2071 or email: oncology.support@hahv.org



Tai Chi Zoom class with Annie LaBarge: Mondays, 10:00-11:00 a.m. Learn Long Form Yang Style Tai Chi, a moving meditation and slow-motion martial art. The practice increases cognition, strength, balance and flexibility.



Medical Qi Gong with Betty Gilpatric: Fridays, 8:00-9:15 a.m. Learn simple yet powerful techniques based on traditional Chinese healing practices to improve your health and sense of well-being. EBQT or Evidence-based Qigong was developed by Dr. Yan Yang, PhD, who is a researcher and instructor at Memorial Sloan Kettering. There are also a few YouTube videos you can watch on your own. The links are:

Warm Ups : <https://youtu.be/FhmcPM0U9e0> **8 Brocades of Silk:** <https://youtu.be/8q1PVbh2ysM>



Yoga with Marianne Niefeld: Wednesdays, 10:00-11:00 a.m. A Kripalu-style gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing.



MOVING FOR LIFE: DanceExercise for Health® — An Exercise Program for Cancer Recovery
Free online 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. <https://movingforlife.org/classes/>

Miso Happy Cooking Club with Kathy Sheldon, RN (Virtual program)



Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practices incorporating a plant-based diet. Due to COVID safety concerns, we will continue to offer classes virtually.

Advance registration is requested via email to: kathy.sheldon@gmail.com or doris.blaha@hahv.org. Classes will be recorded and made available to those registered. \$10 suggested class donation. Please make checks payable to: The Health Alliance Foundation (OSP in memo). Mail check to: Oncology Support Program, 105 Mary's

Ave. Kingston, NY, 12401. Donations can also be offered through:
<https://www.foundationupdate.org/donate/oncologysupportprogram/>

Creative Summer Cooking with Bettina Zumdick Tues. May 17 at 11:30am –1:00 p.m.

The farmers markets will open soon with early greens along with other components of lighter meals. Summer classes may feature a light salad with dressing, a refreshing soup, select farm market vegetables and other possible dishes. A final menu will feature seasonal choices along with recipes. Bettina will narrate as she prepares the meal with opportunity for question and answers during and after the cooking segment. Sadly, we will not be sampling the dishes, but we will have a chance to connect and learn together.

Bettina Zumdick is a chef, teacher, counselor and author who has integrated modern knowledge of the West with the wisdom of the East. With a strong background in Food Science and Nutrition from Wilhelm's University in Munster, Germany, she has shared her knowledge of food medicine for over 30 years. She is a co-director of Planetary Health, an educational not-for-profit that offers weekend retreats and an annual conference. For more information about Bettina or to view a listing of her own class offerings go to: www.culinarymedicineschool.com

The Miso Happy Cooking Club will be taking a summer break .
We look forward to reconnecting in the Fall. — *Kathy Sheldon.*

Office for the Aging/ NY Connects:

Assists with supports for elderly (60+) and disabled: Legal Counsel, Medicare counseling, home care services, Med Alerts and transportation. Home-delivered meals for residents 60+ on a limited income, not on Medicaid and who have no one to shop for them; frozen meals available for pick up or delivery at sites in Saugerties, Rosendale, and Ellenville. Go to: <https://ulstercountyny.gov/aging> or call (845) 340-3456

**Resource Center for Accessible Living (RCAL):**

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

**Legal Services of the Hudson Valley:**

Free legal services for financially eligible individuals. (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. (800) 332-3742

**Jewish Family Services of Ulster:**

In-home, non-sectarian supportive mental health counseling. Caregiver support. Shopping for seniors in coordination with the Jewish Federation. (845) 338-2980

**Edible Independence:**

Dietician- and health department-approved meals delivered to your home. (845) 331-MEAL (6325)



For a *comprehensive list of local resources*, go to:

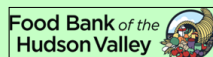
<https://rupco.org/covid-19-help-emergency-food-in-ulster-county/>

or

Food Pantries | Food Banks | Food Insecurity | Ulster County (peoplesplace.org)

The Kingston Emergency Food Collaborative

Provides weekly groceries to people in the Kingston City School District and to anyone in a DSS hotel. Call the hotline at: (888) 316-0879

**Heaven Bound Food Pantry**

100 Lucas Ave., Kingston N.Y. Phone: 845-616-3211
1st and 3rd Tuesdays 11 a.m.-1 p.m.
2nd and 4th Tuesdays 4:30-6:30 p.m.

Ulster County Community Action**Free Food Banks**

Highland Outreach: Begins @ 11:00 AM
15 Church Street, Highland (845) 338-8750, Ext. 300

Ellenville Outreach: Begins @ 12:00 PM
85 Center Street, Ellenville (845) 338-8750, Ext. 310

Kingston Outreach: Begins @ 1:00 PM
70 Lindsley Avenue, Kingston (845) 338-8750, Ext. 110

**Local Financial Assistance for our Cancer Community**

Benedictine Health Foundation's
Rosemary D. Gruner
Memorial Cancer Fund
A helping hand for cancer patients and their families

**Rosemary D. Gruner
Memorial Cancer Fund:**

Rosemary D. Gruner Memorial Cancer Fund - Benedictine Health Foundation

\$500 Hannaford's and/or Stewart's gas cards annually to financially eligible people in active cancer treatment.

Contact the Benedictine Health Foundation.

Call: (845) 481-1303. Fax: (845) 663-2221

**Miles of Hope Fund for Breast**

Cancer Patients: www.milesofhope.org

Financial assistance to eligible people in treatment.

Ulster & Greene Counties — call Family at (845) 331-7080, ask for Angely Mendez.

Dutchess County — call Community Action at (845) 452-5104.

**Transportation Resources**

- Seniors **60** or older: Free bus twice weekly to medical appointments 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/ucatsenior-services>
- If you have active **Medicaid**, call (866) 287-0983 for assistance with transportation to medical appointments. Advance notice required.
- Neighbor to Neighbor Program**
Volunteer drivers pick up eligible seniors at their home and drive them to their doctors appointment. Must register with the program. After approval, please call at least 14 days in advance for your ride. Call 845-443-8837 for details.

**FREE Cancer Screening for Uninsured or Underinsured****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)

Call CSP to find out if you are eligible: (855) 277-4482



Leukemia & Lymphoma Society Online Chats. Free, live sessions moderated by oncology social workers who help guide discussions and provide resources, information and support. Topics include: *Living with NHL, Living with Myeloma, Living with CML, Living with Acute Leukemia and Young Adults Living with Leukemia, Lymphoma & Myeloma.* **Go to: www.LLS.org/chat**



CANCERcare® provides free online or telephone support groups led by oncology social workers to help people affected by cancer along with information about cancer and resources. **Call 800-813-HOPE (4673), ext 3 https://www.cancercare.org/support_groups**



Breast Cancer Options

SUPPORT, HEALTH ADVOCACY & INFORMATION

845 339-HOPE (4673)

hope@breastcanceroptions.org

Think Pink Locally

www.BreastCancerOptions.org (845) 339-4673

Breast Cancer Support Groups including Mixed, Young Survivors & Metastatic Groups.

Camp Lightheart for children of breast cancer survivors

Annual Metastatic Breast Cancer Retreat



Mesothelioma.net

Over 20 years of fighting for mesothelioma patients and families

<https://mesothelioma.net/> 1-800-692-8608 info@mesothelioma.net

An organization dedicated to providing mesothelioma patients with information and support.

Online Resource Guide for the Hudson Valley Cancer Community

HUDSON VALLEY CANCER RESOURCE CENTER

hudsonvalleycancer.org



Gilda's Club

Gilda's Club of Westchester

Free Bilingual Cancer Support Hotline. Call (914) 997-6006

<https://gildasclubwestchester.org/gildas-launches-breast-cancer-bilingual-support-hotline/>



Adelphi NY University Breast Cancer Hotline Program. Call (800) 877- 8077

www.adelphi.edu/nysbreastcancer



ONLINE SUPPORT PLATFORMS

LotsaHelpingHands.com and CaringBridge.org

These free websites provide an all-in-one intimate, safe place where those living with chronic illness, their caregivers, family and friends can share information and request meaningful help 24/7.



Patient Advocate Foundation provides Case-management Assistance, Co-pay Assistance and Financial Aid information to cancer patients and families.

Call **1-800-532-5274** or go to: **<https://www.patientadvocate.org/>**



Sparrow's Nests cooks and deliver homemade meals to families struggling through a cancer diagnosis. Parents, guardians or children who live in parts of five Hudson Valley counties and who are actively receiving chemotherapy or radiation treatment, or who are recovering from surgery due to their diagnosis and qualify for services. These families must have children 18 years of age or younger living in the home and must live within 35 miles of the Wappingers Falls kitchen. For more information, call (845) 204-9421 or go to: sparrowsnestcharity.org



The **LUNGEVITY Foundation** is the nation's largest lung cancer-focused nonprofit, committed to changing outcomes for people with lung cancer through research, education, and support. For information, go to: Lungevity.org

For the Lung Cancer HELPLINE, call **(844) 360-5864**



Provides comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, one-on-one connection with someone who has been there. **<https://imermanangels.org/> (866) IMERMAN (463-7626)**




May 2022

All programs are online via computer, phone or call-in, unless otherwise noted.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	3 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Creative Arts 1-3pm	4 Gentle Yoga 10-11am Cancer & Finances 2-4pm Men's Support Group 6-7pm	5  Memoir Writing Workshop 3-5pm	6  Medical Qigong 8:00-9:15am Community Memoir Reading 7pm	7
8 Happy Mother's Day  	9 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	10 Creative Arts 1-3pm	11 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group "Pancreatic and Gastrointestinal Cancers: New Horizons-New Hope" 5:30-6:30pm	12 Memoir Writing Workshop 3-5pm	13 Medical Qigong 8:00-9:15am Women's Support Grp. 11am-12:30pm	14
15	16 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	17 Miso Happy Cooking "Creative Summer Cooking" 11:30am-1pm Creative Arts 1-3pm	18 Gentle Yoga 10-11am Caregivers' Support Group 5-6:30pm	19 Memoir Writing Workshop 3-5pm Younger Women's Support Group 5:30pm	20 Medical Qigong 8:00-9:15am	21
22	23 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	24 SPECIAL Creative Arts "Watercolor Painting" 1-3pm	25 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	26 Memoir Writing Workshop 3-5pm What You Should Know About Hereditary Cancer 7pm	27 Medical Qigong 8:00-9:15am	28
29	30  CLOSED	31  Creative Arts 1-3pm				

June 2022

All programs are online via computer, phone or call-in, unless otherwise noted.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gentle Yoga 10-11am Cancer & Finances 2-4pm Men's Support Grp. 6-7pm	2 Cancer & Finance 11am-12:30pm Memoir Writing Workshop 3-5pm	3 Medical Qigong 8:00-9:15am Annual Cancer Survivor's Day Celebration 5:30pm	
5 	6 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	7 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Creative Arts 1-3pm	8 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group "Vitamin V – Visualization for Change" 5:30-6:30pm	9 Memoir Writing Workshop 3-5pm	10 Medical Qigong 8:00-9:15am Women's Support Grp. 11am-12:30pm	
12	13 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	14 Flag Day  Creative Arts 1-3pm	15 Gentle Yoga 10-11am Caregivers' Support Group 5-6:30pm	16 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	17 Medical Qigong 8:00-9:15am	18
19 Happy Father's Day 	20 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	21  Creative Arts 1-3pm	22 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	23 Memoir Writing Workshop 3-5pm	24 Medical Qigong 8:00-9:15am	25
26	27 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	28 Creative Arts 1-3pm	29 Gentle Yoga 10-11am	30 Memoir Writing Workshop 3-5pm		

July 2022

All programs are online via computer, phone or call-in, unless otherwise noted.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Medical Qigong 8:00-9:15am	2
3	4 Independence Day  CLOSED	5 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Creative Arts 1-3pm	6 Gentle Yoga 10-11am Cancer & Finances 2-4pm Men's Support Grp. 6-7pm	7 Memoir Writing Workshop 3-5pm	8 Medical Qigong 8:00-9:15am Women's Support Grp. 11am-12:30pm	9
10	11 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	12 Creative Arts 1-3pm	13 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am	14 Memoir Writing Workshop 3-5pm	15 Medical Qigong 8:00-9:15am	16
17	18 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	19 Creative Arts 1-3pm	20 Gentle Yoga 10-11am Caregivers' Support Group 5-6:30pm	21 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	22 Medical Qigong 8:00-9:15am	23
24	25 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	26 Creative Arts 1-3pm	27 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	28 Memoir Writing Workshop 3-5pm	29 Medical Qigong 8:00-9:15am	30 Happy Friendship Day 
31						

August 2022

All programs are online via computer, phone or call-in, unless otherwise noted.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	2 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Creative Arts 1-3pm	3 Gentle Yoga 10-11am Men's Support Grp. 6-7pm	4 Memoir Writing Workshop 3-5pm	5 Medical Qigong 8:00-9:15am	6
7	8 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	9 Creative Arts 1-3pm	10 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am	11 Memoir Writing Workshop 3-5pm	12 Medical Qigong 8:00-9:15am Women's Support Grp. 11am-12:30pm	13
14	15 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	16 Creative Arts 1-3pm	17 Gentle Yoga 10-11am Caregivers' Support Group 5-6:30pm	18 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	19 Medical Qigong 8:00-9:15am	20
21	22 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	23 Creative Arts 1-3pm	24 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	25 Memoir Writing Workshop 3-5pm	26 Medical Qigong 8:00-9:15am	27
28	29 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	30 Creative Arts 1-3pm	31 Gentle Yoga 10-11am			



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.

For further information on linking with a Nurturing Neighbor or becoming one yourself, please contact OSP at (845) 339-2071 at ext. 100 or email: oncolo-

CANCER & FINANCE

Need help applying for *Disability*, setting up a *Pooled Trust* to become eligible for *Medicaid* or learning about *returning to work when on Disability*?

Meet with **Debbie Denise** of the **Resource Center for Accessible Living** at the Reuner Cancer Support House for individualized support and to have your questions answered.

May 4, June 1 and July 6

To schedule an appointment with Debbie Denise, please call OSP at (845) 339-2071 or call RCAL at (845) 331-0541

DONATIONS

Ulster County Jewish Federation
Fall for Art

Thanks to those who have donated wigs, scarves, hats, blankets and more.

The Oncology Support Program has a supply of wigs available free of charge. If you would like to schedule an appointment to find a wig that best suits you, please call OSP at (845) 339-2071

**THANK YOU FOR
YOUR SUPPORT.**

SPECIAL THANKS TO OUR VOLUNTEERS:

Abigail Thomas, Craig Mawhirt, Kathy Sheldon, Marilyn Fino, Bev Nielsen, Mare Berman, Tara Ryan, Barbara Sarah, Betty Gilpatric, Annie LaBarge, Marianne Neifeld, Bettina Zumtick, Sara Loughlin, James Askin, Chris Parrow, Isolde Arzt, Puja Thomson, Dr. Heidi Puc, Sue Van Hook, Debbie Denise, Sister Dorothy Huggard, Matt Corsaro, 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 send 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:

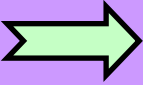
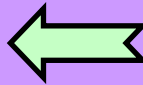
<https://www.hahv.org/celebrate-life-newsletter>

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Writer and Editor:
Ellen Marshall
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Oncology Support Program
105 Mary's Avenue
Kingston, NY 12401

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

 **We are trying to go PAPERLESS.** 

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: oncology.support@hahv.org

Financially Support the Oncology Program All Year Round!

At the Oncology Support program, our services are free or available at a very low fee. This is possible thanks to the support of WMC/HealthAlliance as well as donations from the community. Your donations also enable us to provide emergency financial assistance to those in need. Please help us continue to support people affected by cancer by making a tax-deductible donation to OSP or the Linda Young Ovarian Cancer Support Program.

Your donation will be acknowledged in the next edition of *Celebrate Life!* You can donate electronically by visiting:

<https://www.foundationupdate.org/donate/oncologysupportprogram/>

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

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

Name: _____ Email: _____

Address: _____

Please make my gift in memory of: _____

Please make my gift in celebration of: _____

Please send acknowledgement to: *Name* _____