

# ONCOLOGY SUPPORT PROGRAM OF HEALTHALLIANCE HOSPITAL



A newsletter for cancer patients,  
their families and friends.

*Celebrate Life!*

Sep/Oct/Nov/Dec 2024

## 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 Virtually, In-person at the Cancer Support House (CSH) or as Hybrid. 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

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

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

**ADVANCING CARE. HERE.**



**HealthAlliance  
Hospital**

Westchester Medical Center Health Network



## Greetings from OSP



Doris, Catherine, Ellen, James

It is an honor and privilege to continue working with you as we move into the autumn months. It was wonderful seeing so many of you at our 24th Annual Cancer Survivors' Event last spring. Special thanks to Sister Dorothy Huggard, Father Martin, OSP Founder Barbara Sarah, our guest speaker Barbara Leon and the musicians Sama Phelan and Greg Conocenti for making the event so beautiful and inspiring.

OSP continues to be committed to supporting you and your loved ones throughout your cancer journey. We recognize the emotional and logistical challenges brought on by a cancer diagnosis and we are here to share resources, connect you with peers who have been through it themselves, offer wellness classes and provide you with creative outlets.

OSP offers support groups for women, men, younger women, caregivers, women diagnosed with ovarian cancer and those living with advanced cancer. We have added counseling for couples since we recognize the challenges that cancer can bring to relationships.

We welcome our social work intern, Kevin Kraft, who will join our team as we bring you the compassionate care you so deserve. We look forward to seeing you in person at the Cancer Support House at 80 Mary's Ave, at the Infusion Center or virtually as we continue to ensure that our varied programs are accessible to all.

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

### ONCOLOGY SUPPORT PROGRAM STAFF (845) 339-2071

Director & Oncology Social Worker: Ellen Marshall, MS, LCSW-R, OSW-C, ext. 32532, [ellen.marshall@wmchealth.org](mailto:ellen.marshall@wmchealth.org)

Social Worker: James Askin, LMSW ext. 32685, [james.askin@wmchealth.org](mailto:james.askin@wmchealth.org)

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Administrative Assistant: Doris Blaha, ext. 32071, [doris.blaha@wmchealth.org](mailto:doris.blaha@wmchealth.org)

Founder: Barbara Sarah, LCSW



### **THANKS TO OUR VOLUNTEERS:**

Abigail Thomas, Craig Mawhirt, Marilyn Fino, Beverly Nielsen, Mare Berman, Annie LaBarge, Marianne Neifeld, Bettina Zumnick, Marion Yahoushkin, Sara Loughlin, Jean Wolfersteig, Barbara Peterson, Nina Marinova, Patricia Holtz, Barbara Sarah, Barbara Leon, Sister Dorothy Huggard, Reverend Martin Nyenga, Samantha Phelan, Greg Conocenti, Dr. Jon Amadjian, Pete Halvorsen, Earl Pardini, Lisa Urrico, Betty Gilpatric, our Nurturing Neighbors and other fabulous volunteers.



*I look forward to joining OSP as an MSW Intern through the Adelphi University Master's Program. I've called Ulster County home since 1972. I've had a long and diverse career in healthcare and human services, including human resources, patient education, holistic healthcare, and spirituality. I'm a co-founder of the Circle of Friends for the Dying and was*

*on the Board of Trustees during its first three years of development. I'm a graduate of SUNY New Paltz with a degree in Psychology and Sociology and I am an Interfaith Minister.*

*I'm a certified master of the Usui Reiki System of Energy Medicine; a certified hypnotherapist; a certified labyrinth facilitator; a meditation instructor; and I am currently training in Internal Family Systems couples counseling. Using these experiences and expanding my field of service through Social Work, I hope to help people whose lives are affected by cancer by providing support, resources, and an affirmative outlook. — Kevin Kraft*

### **THANK YOU TO OUR DONORS:**

**Nekos-Dedericks Pharmacy**

for their donation of wigs, bras & breast prostheses

### **Newsletter:**

Writer and Editor: *Ellen Marshall* Graphic Designer: *Doris Blaha* Proofreader: *James Askin*

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>

# SUPPORT GROUPS AT OSP

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If you would like to join a group, please call OSP at (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)  
Group facilitator will inform you if group is virtual, in-person at CSH (Cancer Support House) or Hybrid.

## Women's Cancer Support Group

2nd Wednesdays, Sept. 11, Oct. 9, Nov. 13, Dec. 11  
12:00—1:30 p.m.

facilitated by Catherine Gleason, PhD., LMSW

3rd Wednesdays, Sept. 18, Oct. 16, Nov. 20, Dec. 18  
5:30—7:00 p.m.

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

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.

## Coping Skills for Cancer

1st Tuesdays, Sept. 3, Oct. 1, Nov. 5, Dec. 3  
12:00—1:30 p.m.



facilitated by

Ellen Marshall, LCSW-R, OSW-C

Whether a patient newly diagnosed with cancer, a cancer survivor, or a caregiver, a cancer diagnosis can be overwhelming. In this group, we will explore practical skills to help regulate our nervous systems and find inner balance as we face cancer-related stressors, from medical anxiety to fear of recurrence.

This group integrates techniques of somatic experiencing, DBT, EFT, yoga breathing practices and mindfulness.

## Younger Women's Cancer Support Group

4th Tuesdays, Sept. 24, Oct. 22, Nov. 26, Dec. 17  
5:30—7:00 p.m.

facilitated by Ellen Marshall, L.CSW-R, OSW-C

Share concerns common to young women with cancer: body image, managing work, sexuality and intimacy, relationships, fertility, talking to children about cancer. For women, age 55 and younger, with any type of cancer.

## Men's Cancer Support Group,

1st Thursdays, Sept. 5, Oct. 3, Nov. 7, Dec. 5  
6:00—7:00 p.m.

facilitated by James Askin, LMSW

A supportive, confidential setting for men who have been diagnosed with any type of cancer.

## Caregivers' Support Group,

3rd Mondays, Sept. 16, Oct. 21, Nov. 18, Dec. 16  
6:00—7:30 p.m.

facilitated by James Askin, LMSW

Mutual support for the unique challenges of caring for a loved one with cancer.

## Living with Advanced Cancer

2nd Mondays, Sept. 9, Oct. 14, Nov. 11, Dec. 9  
2:00—3:30 p.m.

facilitated by James Askin, LMSW

A group for individuals with advanced stage or recurrent cancer who wish to connect, share coping strategies and explore ways to find meaning and purpose in light of a life-altering diagnosis.

## Loss and Bereavement Support Group

2nd Wednesdays, Sept. 11, Oct. 9, Nov. 13, Dec. 11  
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, partner, child or friend from illness; other losses may be stirred up as we grieve. Through guided meditation, mindfulness and sensory awareness, we will explore, share and process our unique loss experiences in a non-judgmental environment that supports our healing.

## Linda Young Ovarian Cancer Support Group



Linda's  
Healing  
Garden



Wednesdays, Sept. 25, Oct. 23, Nov. 13, Dec. 18  
5:30—7:00 p.m.

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

An informative and supportive setting for women diagnosed with ovarian cancer at any stage.

## NURTURING NEIGHBOR 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: local volunteer cancer survivor, trained through OSP to offer peer support.*

**For further information on linking with a Nurturer or becoming one yourself, please contact OSP at (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)**



## OSP Memoir Writing Workshops

Members of the OSP community have an opportunity to support one another by writing and sharing life stories.

**Mondays with Annie LaBarge:**

**4:00—5:30 p.m. Virtual via computer or phone.**

**Thursdays with Craig Mawhirt:**

**3:00—5:00 p.m. Virtual via computer or phone.**

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



*Making art can help you express yourself, relax, connect with others, reduce stress and simply feel better!*

## Join our Creative Arts Workshop

facilitated by  
volunteer artists & art educators  
**Marilyn Fino & Bev Nielsen**

Enjoy painting, clay work,  
needle felting, creating jewelry,  
holiday gifts and more!

**Tuesdays, 1:30—3:30 p.m.**

**In person at the Cancer Support House**

For more information or to join,  
call OSP at (845)339-2071 or email:  
[oncology.support@hahv.org](mailto:oncology.support@hahv.org)



Marilyn Fino (Left)  
Bev Nielsen (Right)



## Special Program: Sound Healing with Sama Phelan

Sama Phelan weaves voice, breath work, gentle movement, guided meditation and music from sacred instruments into her unique sound journeys.

Sama is a yoga instructor and facilitator of yoga retreats. She has been performing musically for over ten years and is most grateful for her gift of song.

Join us for a Sound Healing workshop that will transport you to another dimension as you receive deep rejuvenation

**Fri. Oct. 18, Dec. 6, 5:30—7:00 pm**  
(bring a yoga mat)

In person at the  
ASB Auditorium 105 Mary's Ave.

To register, call (845) 339-2071  
or email:

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

Refreshments provided



## Songwriting Workshop

Songwriting is a practice that can help you tap into your emotions and creativity. Activities include lyric and song writing, music sharing and processing emotional connections to music. Join us as we explore your inner voice through music and song.

**3rd Tuesdays, Sept. 17, Oct. 15, Nov. 19, Dec. 17, 6—7:00 p.m.**

**Virtual via computer or phone. For more information, call OSP at (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)**



## September is Gynecologic Cancer Awareness Month

**The OCRA's International Gynecologic Cancer Conference will take place September 25—27, 2024**  
<https://ocrahope.org/patients/support-education/national-conference/>

This online conference offers expert presentations covering a wide range of topics: **PARP inhibitors to treat ovarian cancer; Strategies to improve brain fog caused by chemotherapy; What's new in gynecologic oncology; A Conversation with Suleika Jaouad, author of Between Two Kingdoms: A Memoir of a Life Interrupted.**

Empower yourself with knowledge and connect with others from the comfort of your own home.

**Free Online Seminar on the Importance of Genetics and Biomarkers in the Changing Treatment Landscape**  
**Thursday, Sept. 19, 1—2:30 p.m.** <https://freeonlineseminar.ocrahope.org/>



The Oncology Support Program has partnered with **For Pete's Sake Cancer Respite Foundation** to nominate cancer patients, ages 21-55, to receive a **Travel or Staycation Respite** with their families. For info, go to: [takeabreakfromcancer.org](http://takeabreakfromcancer.org) and call OSP at (845)339-2071.



## Free Wigs & Mastectomy Supplies

OSP has an inventory of wigs, mastectomy bras and breast prostheses available **free of charge** to women undergoing cancer treatment.

For more information, please call OSP at  
**(845) 339-2071**

## NEW: COUPLES THERAPY OFFERED AT OSP

*The stress of a cancer diagnosis and treatment can take a toll on couples in relationship. Fears about outcome, changing roles, financial concerns, body image and sexual issues can easily surface.*

*In many cases, communication can become more challenging.*

OSP is now offering short-term couples therapy to help improve communication during this challenging time.

**If you would like to schedule a couples session, please call OSP at (845) 339-2071  
or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)**



The **Oncology Support Program** partners with the **Resource Center for Accessible Living** to help you address questions that can help you navigate the cancer continuum. Join us for these programs:

**Managed Long Term Care and Nursing Home Diversion**  
with Katie Clayton

**Monday, Sept. 23, 1—3:00 p.m.**

**Tips on Applying for Disability Benefits** with Debbie Denise  
**Wednesday, Oct. 2, 2—4:00 pm**

**Creating a Pooled Trust to Ensure Medicaid Eligibility**  
with Debbie Denise

**Wednesday, Nov. 6, 2—4:00 p.m.**

In person at the Cancer Support House

To register for the program, please call (845) 339-2071  
or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

## Ostomy Support Group

Do you have questions that you would like answered by a Nurse who specializes in wound-healing and ostomy support? Would you like to share experiences and learn from others in order to maintain or improve your quality of life while living with an ostomy? You are welcome to join this informative and supportive group.

**2<sup>nd</sup> Tuesdays,**

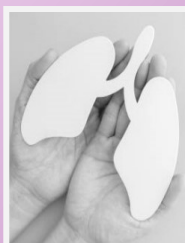
**Sept. 10, Oct. 8, Nov. 12, Dec. 10**

**4:00—5:00 p.m.**

In person at the Cancer Support House

**facilitated by Barbara Peterson, RN, CWOCN,  
Certified Wound Ostomy Continence Nurse**

**Lung cancer** remains the leading cause of cancer death among men and women in the United States. With early detection, patients have more treatment options and higher chances of survival.



**NOVEMBER IS  
LUNG CANCER  
AWARENESS  
MONTH**

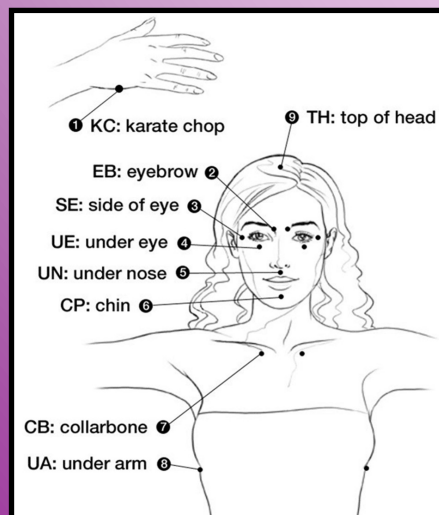
The U.S. Preventive Services Task Force recommends yearly lung cancer screening using low-dose computed tomography for asymptomatic adults aged 50 to 80 years old with a 20 pack-year smoking history and who are currently smoking or quit smoking in the past 15 years.

**Westchester Medical Center Health Network's Lung Cancer Screening Program** offers services at Westchester Medical Center in Valhalla and MidHudson Regional Hospital in Poughkeepsie. The program provides a dedicated practitioner to guide through the screening process, in addition to a team of subspecialty-trained and board-certified radiologists, pulmonologists, thoracic surgeons, and oncologists.

**To learn more about lung cancer screening or schedule a consultation appointment, please call**

## Help reduce stress with Emotional Freedom Technique (EFT)

EFT is an anxiety reduction technique that works by tapping on select acupressure points while reciting a statement that describes your issue followed by a statement of self-acceptance. Below is the diagram of tapping points:



**For a demonstration of EFT, go to:**

**<https://www.youtube.com/watch?v=AKCmndHN9JX8>**

**To learn more stress reduction techniques,  
join OSP's Coping Skills Group.**



## WELLNESS/EXERCISE PROGRAMS

If you are interested in attending, please call OSP at (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)  
Classes are Virtual until further notice. Donations appreciated.

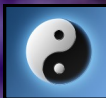


**Tai Chi Zoom class with Annie LaBarge: Mondays, 10:00-11:00 a.m.** Learn long-form Yang-style Tai Chi, a moving meditation and slow-motion martial art. The practice increases cognition, strength, balance and flexibility.



**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, a researcher and instructor at Memorial Sloan Kettering Cancer Center. 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>



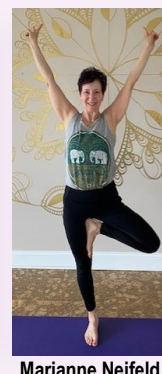
**Gentle Yoga class : Wednesdays, 10:00-11:00 a.m. Marianne Niefeld (Sept & Oct.)**  
**Instructor TBA (Nov. & Dec.)** A gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing.

**Our Yoga Class will be transitioning to a new instructor.**

We thank **Marianne Niefeld** for her years of service!

*I'm finding it hard to believe that it's already been 6 years in which I've had the privilege and pleasure of teaching the OSP community! I have come to know and love my students, from the early days before Covid, when we met at the Kingston hospital conference room, to the next venue at the Kingston Library, and then on zoom after Covid hit. As I often teach in class, everything is impermanent —always changing.... and I'll be moving on in November to enjoy spending more time with my 2-year granddaughter, wintering in Florida, and doing some traveling. But I'm also taking my students with me in my heart. Wishing you continued peace, perseverance, courage... and more yoga with our new teacher!*

*—With love and gratitude, Marianne Niefeld*



Marianne Niefeld



## Moving for Life Dance Exercise for Health

Dance Exercise is geared to women recovering from breast and other cancers. Classes include a warm-up, gentle aerobics and strength training through dance, followed by a cool-down.

For a list of classes, go to <https://www.movingforlife.org/classes>

## Advance Care Planning



Oncology Support Program Social Workers are available to help you complete Advance Directives — documents that ensure that your wishes and choices regarding medical treatment are known if you become unable to advocate for yourself in a medical setting. We can help you prepare your Health Care Proxy and Living Will, and can help you navigate a MOLST (Medical Orders for Life-Sustaining Treatment) form.

Call OSP at (845) 339-2071 to make an appointment.

## Miso Cooking Club with Bettina Zumdick

### Food is Mood

**Sept 10, Tuesday 11:30 a.m.—1:00 p.m.**

### Strengthening Fall and Winter Dishes

**October 8, Tuesday 11:30 a.m.—1:00 p.m.**

### Strengthening the Kidneys before Winter

**November 12, Tuesday 11:30 a.m.— 1:00 p.m.**

Virtual until further notice. (Classes will be recorded and made available to those registered.) Advance registration is requested to: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)



Miso Cooking Club formed in 2005 to support prevention, healing and recovery through healthy eating practices incorporating a plant-based diet. All classes feature Bettina Zumdick, chef, teacher, author and co-director of Planetary Health.

For more information about Bettina or to view a listing of her own class offerings, visit [www.culinarymedicineschool.com](http://www.culinarymedicineschool.com)



**Office for the Aging/ NY Connects:**

Assists with supports for elderly (60+) and disabled: Legal counsel, Medicare counseling, home care services, Med-Alerts, Transportation, Home-delivered meals to residents 60+ on a limited income. 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 <https://www.rcal.org>

**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 <https://jfsulster.org/>

**Ulster County Community Action Fruit/Vegetable Distribution**

Kingston, Highland, Ellenville locations: (845) 338-8750 <https://uccac.org>



**Family Reach:** Free resources for food, housing, utilities and transportation.

(857) 233-2764 <https://familyreach.gethelp.com/>



**Peoples Place:** Thrift store, food pantry, community café, <https://www.peoplesplace.org> (845) 338-4030

**The People for People Fund:**

Assistance for temporary financial need (845) 343-1663 <https://www.peopleforpeoplefund.org/>

**Catholic Charities: (financial help)**

(845) 340-9170 <https://catholiccharitiesny.org/>



**Sparrow's Nest:** cooks & delivers homemade meals to families living through a cancer diagnosis (845) 204-9421 <https://www.sparrowsnestcharity.org>

**Breast Cancer Options:**

Support, health advocacy & information. Peer-led Breast Cancer Support Groups, Camp Lighthouse for children of breast cancer survivors, and annual Metastatic Breast Cancer Retreat (845) 339-HOPE <https://www.breastcanceroptions.org>



Breast Cancer Options (845) 339-HOPE [www.BreastCancerOptions.org](https://www.BreastCancerOptions.org)

**Local Financial Assistance:**

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

<https://benedictinehealthfoundation.org/financial-and-support-programs/gruner-fund/>

\$800 in 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

**Join the 21st Annual Bike for Cancer Care on Sunday, September 22, 2024 to raise funds for our cancer community. Go to: <https://bikeforcancer.org/>**



**Miles of Hope Fund for Breast Cancer Patients:** [www.milesofhope.org](http://www.milesofhope.org)

**Ulster & Greene Counties:** Cornerstone Family Vanessa Romero, Grants Coordinator: Phone: (845) 926-3623 Fax: (877) 893-4349 Email: [Vromero@cornerstonefh.org](mailto:Vromero@cornerstonefh.org)  
**Dutchess County:** Community Action Partnership of Dutchess County Liz Spira, CEO Phone: 845-452-5104 x103 Fax: (845) 625-1510 Email: [Espira@dutchesscap.org](mailto:Espira@dutchesscap.org)  
**Other Contacts:**

<https://milesofhope.org/programs/financial-assistance/>

**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
- Call UCAT at (845) 340-3333 for a ride or download the application at: [Senior Services | Ulster County \(ulstercountyny.gov\)](http://SeniorServices|UlsterCounty(ulstercountyny.gov))
- Paratransit ADA** for those with a disability. Must complete an application. For information, call (845) 334-8135 or go to: <https://ucat.ulstercountyny.gov/ada-paratransit/>
- If you have active **Medicaid** and need assistance with transportation to medical appointments, call: (866) 932-7740 or (866) 287-0983 or schedule **online with MAS**. Go to: [medanswering.com](http://medanswering.com) Advance notice required.
- Neighbor-to-Neighbor Program** Volunteer drivers for eligible seniors. Call (845) 443-8837 or go to: [Program Neighbor-to-Neighbor Transportation Program: \(ny.gov\)](http://ProgramNeighbor-to-NeighborTransportationProgram(ny.gov))
- GoGo Transportation Program** is now available for older adults for the purpose of grocery shopping, trips to the pharmacy, and visits to loved ones in a hospital, nursing home or hospice within Ulster County. Call OFA at (845) 340-3456 or go to: <https://ulstercountyny.gov/aging>

**Online Resource Guide for Cancer Community**

**HUDSON VALLEY CANCER RESOURCE CENTER**

[hudsonvalleycancer.org](http://hudsonvalleycancer.org)

# September 2024

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.  
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  <b>CLOSED</b>	3 Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30-3:30pm	4 Gentle Yoga 10-11am	5 Memoir Writing Workshop 3-5pm  Men's Support Group 6-7pm	6 Medical Qigong 8:00-9:15am	7
8 	9 Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm	10 Miso Cooking Club "Food is Mood" 11:30am  Creative Arts 1:30-3:30pm  Ostomy Support Group 4-5pm	11 Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 12-1:30pm	12 Memoir Writing Workshop 3-5pm	13 Medical Qigong 8:00-9:15am	14
15	16 Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Caregivers' Support Group 6-7:30pm	17  Creative Arts 1:30-3:30pm  Songwriting 6-7pm	18 Gentle Yoga 10-11am  Women's Evening Support Group 5:30-7pm	19 Memoir Writing Workshop 3-5pm	20 Medical Qigong 8:00-9:15am	21 
22   Bike for Cancer Care 79 Hurley Avenue, the "O&W Building on the Rail Trail" For more information: <a href="http://www.bikeforcancer.org">www.bikeforcancer.org</a>	23 Tai Chi 10:00-11:00am  Managed Long Term Care & Nursing Home Diversion 1-3pm  Memoir Writing Workshop 4-5:30pm	24 Creative Arts 1:30-3:30pm  Songwriting 6-7pm  Younger Women's Support Group 5:30-7pm	25 Gentle Yoga 10-11am  Ovarian Support Group 5:30-7pm	26 Memoir Writing Workshop 3-5pm	27 Medical Qigong 8:00-9:15am	28
29	30 Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm					



# October 2024

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.  
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30-3:30pm	<b>2</b> Gentle Yoga 10-11am  Tips on Applying for Disability Benefits 2-4pm	<b>3</b>   Memoir Writing Workshop 3-5pm  Men's Support Grp. 6-7pm	<b>4</b> Medical Qigong 8:00-9:15am	<b>5</b> 
<b>6</b>	<b>7</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	<b>8</b> Miso Cooking Club "Strengthening Fall & Winter Dishes" 11:30am  Creative Arts 1:30-3:30pm  Ostomy Support Group 4-5pm	<b>9</b> Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 12-1:30pm	<b>10</b> Memoir Writing Workshop 3-5pm	<b>11</b> Medical Qigong 8:00-9:15am	<b>12</b>
<b>13</b>	<b>14</b>     Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm	<b>15</b> Creative Arts 1:30-3:30pm  Songwriting 6-7pm	<b>16</b> Gentle Yoga 10-11am  Women's Evening Support Group 5:30-7pm	<b>17</b> Memoir Writing Workshop 3-5pm	<b>18</b> Medical Qigong 8:00-9:15am  Sound Healing 5:30-7pm ASB Auditorium	<b>19</b>
<b>20</b>	<b>21</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Caregivers' Support Group 6-7:30pm	<b>22</b> Creative Arts 1:30-3:30pm  Younger Women's Support Grp. 5:30-7pm	<b>23</b> Gentle Yoga 10-11am  Ovarian Support Group 5:30-7pm	<b>24</b> Memoir Writing Workshop 3-5pm	<b>25</b> Medical Qigong 8:00-9:15am	<b>26</b>
<b>27</b>	<b>28</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	<b>29</b> Creative Arts 1:30-3:30pm	<b>30</b> Gentle Yoga 10-11am	<b>31</b>   Memoir Writing Workshop 3-5pm		

# November 2024

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.  
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 Daylight Savings Time 	4 Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	5 Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30-3:30pm	6 Gentle Yoga 10-11am  Creating a Pool Trust to Ensure Medicaid Eligibility 2-4pm	7 Memoir Writing Workshop 3-5pm  Men's Support Grp. 6-7pm	8 Medical Qigong 8:00-9:15am	9
10	11   Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm	12 Miso Cooking Club "Strengthening the Kidneys Before Winter" 11:30am  Creative Arts 1:30-3:30pm  Ostomy Support Group 4-5pm	13 Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 12-1:30pm  Ovarian Support Group 5:30-7pm	14 Memoir Writing Workshop 3-5pm	15 Medical Qigong 8:00-9:15am	16
17	18 Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Caregivers' Support Group 6-7:30pm	19 Creative Arts 1:30-3:30pm  Songwriting 6-7pm	20 Gentle Yoga 10-11am  Women's Evening Support Group 5:30-7pm	21 Memoir Writing Workshop 3-5pm	22 Medical Qigong 8:00-9:15am	23
24	25 Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	26 Creative Arts 1:30-3:30pm  Younger Women's Support Grp. 5:30-7pm	27 Gentle Yoga 10-11am	28   CLOSED  	29	30



# December 2024

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.  
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 Workshop 4-5:30pm	3 Coping Skills for Cancer 12-1:30pm Creative Arts 1:30-3:30pm	4 Gentle Yoga 10-11am	5  Memoir Writing Workshop 3-5pm Men's Support Grp. 6-7pm	6 Medical Qigong 8:00-9:15am Sound Healing 5:30-7pm ASB Auditorium	7
8	9 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm Memoir Writing Workshop 4-5:30pm	10 Creative Arts 1:30-3:30pm Ostomy Support Group 4-5pm	11 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Group 12-1:30pm	12 Memoir Writing Workshop 3-5pm	13 Medical Qigong 8:00-9:15am	14
15	16 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm Caregivers' Support Group 6-7:30pm	17 Creative Arts 1:30-3:30pm Songwriting 6-7pm Younger Women's Support Grp. 5:30-7pm	18 Gentle Yoga 10-11am Women's Evening & Ovarian Support Group 5:30-7pm	19 Memoir Writing Workshop 3-5pm	20 Medical Qigong 8:00-9:15am	21 
22	23 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	24 Christmas Eve 	25 Merry Christmas  CLOSED	26	27	28
29	30	31 New Year's Eve 	Jan 1 Happy New Year  CLOSED			



HealthAlliance Hospital, WMC Health Network  
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 12401

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

### Financially Support the Oncology Program All Year Round!

The services of the Oncology Support Program are offered free of charge thanks to the support of HealthAlliance/WMC Health and donations from the community. 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.

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** or  
**go to:** [Donate to HA Donation Page \(wmchealth.org\)](http://wmchealth.org) and in the comment section, please write in:  
**"HealthAlliance Oncology Support Center"**

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

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

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