



A newsletter for cancer patients,  
their families and friends.

*Celebrate Life!*

Jan/Feb/Mar/Apr 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 Fax: (845) 339-2082

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

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



**HealthAlliance**

Westchester Medical Center Health Network

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

**ADVANCING CARE. HERE.**

## Greetings from OSP



James, Ellen, Dominique, Doris

As we move into the new year and winter months, the Oncology Support Program (OSP) continues to offer support to our cancer community. The doors of the Reuner Cancer Support House at 80 Mary's Ave. are open and our dedicated staff and volunteers are available to help you navigate the many challenges of living with cancer. Whether you were just diagnosed or have completed cancer treatment, we are committed to helping you find meaning, purpose and connection throughout the cancer continuum. OSP's varied support groups provide a place for you to share your experiences with others, learn from one another and find common ground. Our memoir writing, song writing and art classes can help you find your creative voice while our wellness classes, coping skills group and educational programs can help you improve your health and sense of well-being.

Special thanks to our newly trained Nurturing Neighbors -- survivors who have expressed an interest in offering cancer patients an extra layer of emotional support. Thank you to the volunteers who have been facilitating our creative arts programs and wellness classes, sometimes for years! Abigail, Annie, Marilyn, Bev, Kathy, Marianne, Sara, Craig..... your dedication is beyond belief! The Oncology Support Program is what it is because of the generosity of people like you. And of course, eternal thanks to our Founder, Barbara Sarah, who continues to make the world a better place for all.

In the spirit of OSP, we look forward to sharing in your lives and wish you peace and healing in the year 2024. With heart-felt gratitude, —*Ellen Marshall, MS., LCSW-R, OSW-C, Director of the Oncology Support Program*

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

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

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

Founder: Barbara Sarah, LCSW

### THANKS TO OUR VOLUNTEERS:

Abigail Thomas, Craig Mawhirt, Kathy Sheldon, Marilyn Fino, Beverly Nielsen, Mare Berman, Betty Gilpatric, Annie LaBarge, Briana Cordi, Marianne Neifeld, Bettina Zumdick, Marion Yakoushkin, Sara Loughlin, Nurit Nardi, Barbara Peterson, Dr. Ashanda Saint Jean, our Nurturing Neighbors and fabulous volunteers.

### Welcome Spring Practicum Student, Lisa Urrico



I am excited to be joining the Oncology Support Program as a counselor-in-training through the SUNY New Paltz Master's Program in Clinical Mental Health Counseling. My background spans twenty-five years in music and nonprofit arts administration, including roles at the Saint Louis Symphony and Carnegie Hall. While I found these experiences rewarding, the growing need for mental health services has inspired me to embark on a new path as a mental health counselor. I am honored to be welcomed by the OSP community and am whole-heartedly looking forward to supporting you and your family with empathic and compassionate care. —*Lisa Urrico*

### THANK YOU TO OUR DONORS:

Fair Street Reformed Church

Jewish Federation of Ulster County *Fall for Art*

Heaven Bound Food Pantry

for donating Thanksgiving baskets to our families

Barbara Sarah in Honor of Ellen Marshall

Donald Murat

Mary Bailey for donation of knitted hats

Carol Super in Honor of Dr. Bruce Moor

### 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

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, Jan. 10, Feb. 14, Mar. 13, Apr. 10  
12:00—1:30 p.m.

facilitated by Catherine Gleason, PhD., MSW

3rd Wednesdays, Jan. 17, Feb. 21, Mar. 20, Apr. 17,  
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, Jan. 2, Feb. 6, Mar. 5, Apr. 2  
12:00—1:30 p.m.



facilitated by

Ellen Marshall, LCSW-R, OSW-C  
& Sara Loughlin, MHC

Whether 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, Jan. 23, Feb. 27, Mar. 26, Apr. 23,  
5:30—7:00 p.m.

facilitated by Dominique Paris, LMSW

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.

## Living with Advanced Cancer

2nd Mondays, Jan. 8, Feb. 12, Mar. 11, Apr. 8  
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.

## Men's Cancer Support Group,

1st Thursdays, Jan. 4, Feb. 1, Mar. 7, Apr. 4  
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.

## Loss and Bereavement Support Group

2nd Wednesdays, Jan. 10, Feb. 14, Mar. 13, Apr. 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, 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.

## Caregivers' Support Group,

3rd Mondays, Jan. 15, Feb. 19, Mar. 18, Apr. 15  
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.

## 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)



## Linda Young Ovarian Cancer Support Group



4th Wednesdays, Jan. 24, Feb. 28, Mar. 27, Apr. 24  
7:00—8:30 p.m.

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

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

## 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 La Barge: 4:00—5:30 p.m.**

**Thursdays with Abigail Thomas: 3:00—5:00 p.m.**



Special gratitude to Abigail Thomas who has been facilitating our Thursday Memoir Group for over **ten years!**

Abigail is a renowned author who has lovingly shared her talent, encouraged our OSP writers and stood by the memoir group members through joy and loss.

She is author of: *Still Life at Eighty: The Next Interesting Thing*, *What Comes Next and How to Like It: A Memoir*, *A Three Dog Life*, *Safekeeping: Some True Stories from a Life*, *Herb's Pajamas*

***"The men and women in my workshops have taught me how to live. The only thing left to say is thank you." - Abby***

For information or to join a writing group, please call (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org). (Groups are taking place virtually until further notice.)



Abigail and her beloved Olive

## CREATIVE ARTS

Facilitated by art educators Marilyn Fino & Beverly Nielsen.

This weekly group offers a vehicle for you to connect with others while sharing in the creative process. Join us for fun and relaxation! No art experience is necessary.

**Tuesdays, 1:30—3:30 p.m.**

**Third Tuesdays are in-person and all other weeks are virtual:**

**Jan. 16 & Feb. 20: Clay Jewelry**

**Mar. 19: Crayon Batik Scarves**

**Apr. 16: "Tole" Folk Art Decorative Painting**



Marilyn and Beverly

## Songwriting Workshop with Lisa Urrico

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



**3rd Tuesdays, 6—7:00 p. m.**

**Jan. 16, Feb. 20, Mar. 19, Apr. 16**

## 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 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 talking to your child or teen about cancer, please call OSP at **(845) 339-2071**.

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.



## 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.



**Yoga with Marianne Niefeld and guest instructors: 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.



**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>

### YOGA NIDRA for Deep Relaxation with Jean Wolfersteig:

Yoga Nidra or “yogic sleep” refers to a specific guided meditation practice that helps us awaken at every level of our being—physical, energetic, emotional, mental, intuitive and spiritual. In this practice, we are suspended in the space between wakefulness and sleep, an open and receptive state that we visit naturally before falling asleep. There is greater receptivity to our own healing wisdom when we are completely relaxed. We arise from Yoga Nidra practice feeling refreshed and alert, with more clarity and self-awareness. All you need to do is lie down and listen. There is nothing to do. Nowhere to go. You can't do anything wrong. Please join us for this deeply relaxing session.

**Thursdays, Jan. 11, Mar. 14, April 11, 6:00-7:00 p.m.** (Virtual via computer or phone)



### Personalized Wig Fittings

OSP has an inventory of donated wigs that are available free to women undergoing chemotherapy.

**Nina Marinova** has been a licensed hairstylist for over 10 years and has been volunteering to assist with wig fittings. To make an appointment at the Cancer Support House, **call OSP at (845) 339-2071**

### Miso Cooking Club with Bettina Zumdick

*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)

**Tuesdays at 11:30 a.m.**

**Jan. 9: Winter Cooking**

**Feb. 13: Sweet Vegetable Dishes and Desserts**

**Mar. 12: Prepare for Spring Cooking**

**Apr. 9: Cooking with Abundant Fresh Green Vegetables**



*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)*



Kathy Sheldon

It has been 19 years that Kathy Sheldon has been facilitating our Miso Cooking Club....she has earned her retirement! We are beyond grateful to Kathy for her years of service. We have so many fond memories of sweet aromas and delicious food served to participants and to an appreciative staff at the Cancer Support House. There were many pots and pans to carry (thank you, Al) and dishes to clean (thank you to all the volunteers) but it was worth it! We will miss you, Kathy, and wish you joy, peace and good health in your retirement!

## CANCER & FINANCE

The **Oncology Support Program** partners with the **Resource Center for Accessible Living** to help you address questions about **cancer and finances**:

*\*Should I apply for Disability and how do I go about doing so?*

*\*How might establishing a "Pooled Trust" help me qualify for Medicaid as a secondary insurance?*

*\*Do I qualify for the Medicare Savings Plan or EPIC and how might these help me?*

Meet with **Benefits Advisor of RCAL**

for an informational session at the Cancer Support House;

**1st Wednesdays: Jan. 3, Feb. 7, Mar. 6, Apr. 3, 2:00-4:00 p.m.**

To make an appointment, please call OSP at ext. 100 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, Jan. 9, Feb. 13,  
Mar. 12, Apr. 9**

**4:00-5:00 p.m.**

at the Cancer Support House  
facilitated by **Barbara Peterson, RN, CWOCN,**  
**Certified Wound Ostomy Continence Nurse**

## Herbs for Health and Healing with Torin Murphy



OSP is committed to bringing local experts in various integrative modalities to our cancer community. Torin Murphy is a Clinical Herbal Practitioner and founder of *Gnome Apothecary* in West Hurley, N.Y. where he grows many of the plants that he uses to create herbal products which include tinctures, teas and ointments. He also offers consultation services to clients and health practitioners.

From a very young age, Torin was concocting potions made from plants like chamomile, clover, yarrow, and dandelion. His father's love for gardening, coupled with his mother's love for the culinary arts inspired him to study herbal medicine. After his certification and the completion of his clinical program, Torin went on to study privately with renowned herbalist, Michael Tierra. Torin has experience with Western, Eastern, Native American and Ayurvedic herbs.

In this program, Torin will share how herbs can strengthen a person's immune system after cancer treatment, assist with chemotherapy related symptoms and help with pain management including skin irritations due to radiation treatment. Torin will share his knowledge of how plants found in nature can support our health and healing. *For information about Torin and Gnome apothecary, go to: [gnomeapothecary.com](http://gnomeapothecary.com)*

**Thursday, April 30, 5:30-7:00 p.m.**

*In person at the Cancer Support House and virtual via computer or phone.*

## Miso Cooking Class Recipe

### Creamy Sweet Potato or Winter Squash Black Bean Soup

- 1 teaspoon olive oil
- 1 onion, diced
- 1 medium sweet potato cut into 1-inch chunks or a similar amount of Kabocha squash
- 1 rib celery, diced
- 2 - 3 cups water
- 1 pinch cumin (optional)
- sea salt to taste
- 1 cup black beans, cooked
- 3 tablespoons chopped fresh cilantro optional
- garnish: sliced scallions, grated ginger or avocado slices



1. Heat the oil in a soup pot over medium-high heat. Add the onion and sweet potatoes or squash and sauté for 5 minutes stirring well.
2. Add water, cumin, and bring to a boil, reduce the heat to medium-low, cover, and simmer for 20 minutes or until sweet potatoes are tender.
3. Puree the soup with an immersion blender until smooth.
4. Add black beans, celery, and salt to taste. Simmer for 5 more minutes.
5. Add cilantro just before serving.
6. If desired, garnish with grated ginger and/or sliced scallion

Enjoy.....**Bettina Zumdick**

**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



**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)



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

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



**List of Food Banks & Food Pantries in Ulster County**

**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 and 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 Lightheart for children of breast cancer survivors. Annual Metastatic Breast Cancer Retreat (845) 339-HOPE <https://www.breastcanceroptions.org>



**Local Financial Assistance:**



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

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

\$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](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**

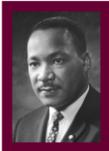
- Seniors 60 or older: Free bus twice weekly to medical appointments and once a week for shopping. Complete an application with **Office for the Aging (NY Connects)** by calling (845) 340-3456
- Call UCAT at (845) 340-3333 for a ride or download the application at: [Senior Services | Ulster County \(ulstercountyny.gov\)](http://Senior Services | Ulster County (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) 883-7865 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://Program Neighbor-to-Neighbor Transportation Program: (ny.gov))
- The American Cancer Society's Road to Recovery Program** offers cancer patients free transportation to cancer-related medical appointments. To request a ride or if you are interested in becoming a **volunteer driver**, please contact ACS at (800) 227-2345 or visit: <https://www.cancer.org/drive>

**Online Resource Guide for Cancer Community**



# January 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>  <b>CLOSED</b>	<b>2</b> Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30am-3:30pm	<b>3</b> Gentle Yoga 10-11am  Cancer & Finance 2-4pm	<b>4</b> Memoir Writing Workshop 3-5pm  Men's Support Group 6-7pm	<b>5</b> Medical Qigong 8:00-9:15am	<b>6</b>
<b>7</b>	<b>8</b> Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm	<b>9</b> Miso Cooking Club "Winter Cooking" 11:30am  Creative Arts 1:30am-3:30pm  Ostomy Support Group 4-5pm	<b>10</b> Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 12-1:30pm	<b>11</b> Memoir Writing Workshop 3-5pm  Yoga Nidra 6-7pm	<b>12</b> Medical Qigong 8:00-9:15am	<b>13</b>
<b>14</b>	<b>15</b> <b>Martin Luther King Jr. Day</b>  Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Caregivers' Support Group 6-7:30pm	<b>16</b> Creative Arts "Making Clay Jewelry" 1:30am-3:30pm  Songwriting 6-7pm	<b>17</b> Gentle Yoga 10-11am  Women's Evening Support Group 5:30-7pm	<b>18</b> Memoir Writing Workshop 3-5pm	<b>19</b> Medical Qigong 8:00-9:15am	<b>20</b>
<b>21</b>	<b>22</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	<b>23</b> Creative Arts 1:30am-3:30pm  Younger Women's Support Group 5:30-7pm	<b>24</b> Gentle Yoga 10-11am  Ovarian Support Group 7-8:30pm	<b>25</b> Memoir Writing Workshop 3-5pm	<b>26</b> Medical Qigong 8:00-9:15am	<b>27</b>
<b>28</b>	<b>29</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	<b>30</b> Creative Arts 1:30am-3:30pm	<b>31</b> Gentle Yoga 10-11am			

# February 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 Memoir Writing Workshop 3-5pm  Men's Support Group 6-7pm	2  <b>Groundhog Day</b>  Medical Qigong 8:00-9:15am	3
4 <b>World Cancer Day</b>	5 Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	6 Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30am-3:30pm	7 Gentle Yoga 10-11am  Cancer & Finance 2-4pm	8 Memoir Writing Workshop 3-5pm	9 Medical Qigong 8:00-9:15am	10
11	12 Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm	13 Miso Cooking Club "Sweet Vegetables Dishes and Desserts" 11:30am  Creative Arts 1:30am-3:30pm  Ostomy Support Group 4-5pm	14 <b>Ash Wednesday</b>  <b>Happy Valentines Day</b>  Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 12-1:30pm	15 Memoir Writing Workshop 3-5pm	16 Medical Qigong 8:00-9:15am	17
18	19  <b>President's Day</b>  Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Caregivers' Support Group 6-7:30pm	20 Creative Arts "Making Clay Jewelry" 1:30am-3:30pm  Songwriting 6-7pm	21 Gentle Yoga 10-11am  Women's Evening Support Group 5:30-7pm	22 Memoir Writing Workshop 3-5pm	23 Medical Qigong 8:00-9:15am	24
25	26 Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	27 Creative Arts 1:30am-3:30pm  Younger Women's Support Group 5:30-7pm	28 Gentle Yoga 10-11am  Ovarian Support Group 7-8:30pm	29 <b>Happy Leap Day</b>  Memoir Writing Workshop 3-5pm		

# March 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>  Medical Qigong 8:00-9:15am	2
3	<b>4</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	<b>5</b> Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30am-3:30pm	<b>6</b> Gentle Yoga 10-11am  Cancer & Finance 2-4pm	<b>7</b> Memoir Writing Workshop 3-5pm  Men's Support Group 6-7pm	<b>8</b> Medical Qigong 8:00-9:15am	9
<b>10</b> 	<b>11</b> Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm	<b>12</b> Miso Cooking Club "Prepare for Spring Cooking" 11:30am  Creative Arts 1:30am-3:30pm  Ostomy Support Group 4-5pm	<b>13</b> Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 12-1:30pm	<b>14</b> Memoir Writing Workshop 3-5pm  Yoga Nidra 6-7pm	<b>15</b> Medical Qigong 8:00-9:15am	16
<b>17</b> 	<b>18</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Caregivers' Support Group 6-7:30pm	<b>19</b>  Creative Arts "Making Crayon Batik Scarves" 1:30am-3:30pm  Songwriting 6-7pm	<b>20</b>  <b>International Day of HAPPINESS</b>  Gentle Yoga 10-11am  Women's Evening Support Group 5:30-7pm	<b>21</b>  Memoir Writing Workshop 3-5pm	<b>22</b> Medical Qigong 8:00-9:15am	23
<b>24</b> <b>Palm Sunday</b>	<b>25</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	<b>26</b> Creative Arts 1:30am-3:30pm  Younger Women's Support Grp. 5:30-7pm	<b>27</b> Gentle Yoga 10-11am  Ovarian Support Group 7-8:30pm	<b>28</b> Memoir Writing Workshop 3-5pm	<b>29</b> Medical Qigong 8:00-9:15am	30
<b>31</b> 						

# April 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.

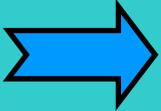
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  <b>APRIL FOOL'S DAY</b> Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	<b>2</b> Coping Skills for Cancer 12-1:30pm Creative Arts 1:30am-3:30pm	<b>3</b> Gentle Yoga 10-11am Cancer & Finance 2-4pm	<b>4</b> Memoir Writing Workshop 3-5pm Men's Support Group 6-7pm	<b>5</b> Medical Qigong 8:00-9:15am	6
7	<b>8</b> Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm Memoir Writing Workshop 4-5:30pm	<b>9</b> Miso Cooking Club "Cooking with Abundant Fresh Green Vegetables" 11:30am Creative Arts 1:30am-3:30pm Ostomy Support Group 4-5pm	<b>10</b> Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Group 12-1:30pm	<b>11</b> Memoir Writing Workshop 3-5pm Yoga Nidra 6-7pm	<b>12</b> Medical Qigong 8:00-9:15am	13
14	<b>15</b>  <b>WORLD ART DAY</b> Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm Caregivers' Support Group 6-7:30pm	<b>16</b> Creative Arts "Tole" Folk Art Decorative Painting" 11am-1pm Songwriting 6-7pm	<b>17</b> Gentle Yoga 10-11am Women's Evening Support Group 5:30-7pm	<b>18</b> Memoir Writing Workshop 3-5pm	<b>19</b> Medical Qigong 8:00-9:15am	20
21	<b>22</b> Passover Begins at Sunset  <b>EARTH DAY</b> Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	<b>23</b>  <b>Happy Passover</b> Creative Arts 1:30am-3:30pm Younger Women's Support Group 5:30-7pm	<b>24</b> Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	<b>25</b> Memoir Writing Workshop 3-5pm	<b>26</b> Medical Qigong 8:00-9:15am	27
28	<b>29</b> Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	<b>30</b> <b>Last Day of Passover</b> Creative Arts 1:30am-3:30pm Herbs for Health & Healing 5:30-7pm	<b>31</b> Gentle Yoga 10-11am			



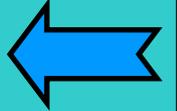
HealthAlliance Hospital, WMCHHealth Network  
Oncology Support Program  
105 Mary's Avenue  
Kingston, NY 12401

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 section "What would you like your donation to support?" please select "**HealthAlliance Oncology Support Center**"

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