Celebrate Life!

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

ADVANCING CARE. HERE.
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

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

Thanks to our Volunteers:
Abigail Thomas, Craig Mawhirt, Kathy Sheldon, Marilyn Fino, Beverly Nielsen, Mare Berman, Betty Gilpatrick, 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.

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

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

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.


“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. (Groups are taking place virtually until further notice.)

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

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

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

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 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
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

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

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!

Kathy Sheldon
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

**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.

2nd 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

**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, Medicaid 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/


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:

Local Financial Assistance:
Rosemary D. Gruner Memorial Cancer Fund:
https://benedictinehealthfoundation.org/financial-andsupport-programs/gruner-fund/

Miles of Hope Fund for Breast Cancer Patients: www.milesofhope.org

Ulster & Greene Counties: Cornerstone Family Vanessa Romero, Grants Coordinator: Phone: (845) 926-3623 Fax: (877) 893-4349 Email: Vromero@cornerstonefh.org

Jewish Federation:
Mental health counseling. Caregiver support. Shopping for seniors in coordination with the Jewish Federation. (800) 332-3742

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)
- 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 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)
- 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

Hudson Valley Cancer Resource Center
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.

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## February 2024

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<td>President’s Day Tai Chi 10:00-11:00am</td>
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**Notes:**
- Groundhog Day
- Valentine’s Day
- Happy Leap Day
### 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.

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# April 2024

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<td><img src="image" alt="April Fool's Day" /></td>
<td><img src="image" alt="Tai Chi" /> 10:00-11:00am  Memoir Writing Workshop 4-5:30pm</td>
<td><img src="image" alt="Coping Skills for Cancer" /> 12:1-30pm  Creative Arts 1:30am-3:30pm</td>
<td><img src="image" alt="Gentle Yoga" /> 10-11am  Cancer &amp; Finance 2-4pm</td>
<td><img src="image" alt="Medical Qigong" /> 8:00-9:15am</td>
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<td><img src="image" alt="World Art Day" /></td>
<td><img src="image" alt="Tai Chi" /> 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm</td>
<td><img src="image" alt="Miso Cooking Club" /> “Cooking with Abundant Fresh Green Vegetables” 11:30am  Creative Arts 1:30am-3:30pm  Ostomy Support Group 4-5pm</td>
<td><img src="image" alt="Gentle Yoga" /> 10-11am  Loss &amp; Bereavement Group 10-11:30am  Women’s Support Group 12-1:30pm</td>
<td><img src="image" alt="Memoir Writing Workshop" /> 3-5pm  Yoga Nidra 6-7pm</td>
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<td><img src="image" alt="Happy Passover" /></td>
<td><img src="image" alt="Creative Arts" /> “Tole” Folk Art Decorative Painting” 11am-1pm  Songwriting 6-7pm</td>
<td><img src="image" alt="Gentle Yoga" /> 10-11am  Women’s Evening Support Group 5:30-7pm</td>
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<td><img src="image" alt="Last Day of Passover" /></td>
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<td><img src="image" alt="Creative Arts" /> 1:30am-3:30pm  Herbs for Health &amp; Healing 5:30-7pm</td>
<td><img src="image" alt="Gentle Yoga" /> 10-11am</td>
<td><img src="image" alt="Gentle Yoga" /> 10-11am</td>
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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!
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) and in the section “What would you like your donation to support?” please select “HealthAlliance Oncology Support Center”

Name: ___________________________ Email: ___________________________
Address: ___________________________________________________________

☐ Please make my gift in memory of: ____________________________________________________________

☐ Please make my gift in celebration of: __________________________________________________________

☐ Please send acknowledgement to: Name _______________________________________________________
Address __________________________________________________________________________________________