



A newsletter for cancer patients,  
their families and friends.

*Celebrate Life!*

Sep/Oct/Nov/Dec 2023

**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

*It is an honor and privilege to continue working with you as we move in the autumn months. It was wonderful seeing so many of you at our 24th Annual Cancer Survivors Event in June, which took place in spite of the weather alert! Special thanks to Sister Dorothy and OSP Founder Barbara Sarah for being part of our traditional candle-lighting ceremony and to our inspirational speakers, Keisha Bridge and Dr. Bruce Moor, who has a reflection about his own cancer experience written in this newsletter.*

*Gratitude to our summer Mental Health Practicum students, Brianna and Carrie Ann, who enriched our program with their presence and artistic talents. We wish them the best as they continue on with their education and training.*

*OSP continues to be committed to supporting you and your loved ones throughout your cancer experience: from diagnosis through survivorship and during end of life. We understand the emotional, financial and logistical challenges brought on by a cancer diagnosis and are here to share resources, connect you with peers who have been through it themselves, offer educational programs, and provide creative outlets to help you live fully with meaning and purpose in light of your diagnosis.*

*Please check out this newsletter for information about our varied offerings: support groups for women, men, younger women and caregivers, our memoir writing and creative arts programs, education on gynecologic health for post-menopausal women, our exercise and cooking classes and more! We look forward to staying engaged and connected in the months ahead.*

*Sincerely, —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

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

Abigail Thomas, Craig Mawhirt, Kathy Sheldon, Marilyn Fino, Bev Nielsen, Mare Berman, Tara Ryan, Barbara Sarah, Keisha Bridge, Betty Gilpatric, Annie LaBarge, Marianne Neifeld, Bettina Zumtick, Sara Loughlin, Sister Dorothy Huggard, Fred Marshall, Dr. Evan Rosen, Dr. Tana Pradhan, Brianna Cordi, Carrie Ann Fleming, Nurit Nardi, Dr. Jon Amadjian, Earl Pardini, Barbara Peterson, Dara Marshall, our Nurturing Neighbors and other fabulous volunteers.



### **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)**

#### **READER SUBMISSIONS ARE WELCOME!**

We invite you to submit writings which may be included in our newsletter.

Please send to

[ellen.marshall@wmchealth.org](mailto:ellen.marshall@wmchealth.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>

#### **Newsletter:**

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

# 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, Sept. 13, Oct. 11, Nov. 8, Dec. 13  
12:00—1:30 p.m.

facilitated by Catherine Gleason, PhD., MSW

1st Wednesdays, Oct. 4, Nov. 1, Dec. 6

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. 5, Oct. 3, Nov. 7, Dec. 5  
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

3rd Thursdays, Sept. 21, Oct. 19, Nov. 16, Dec. 21,  
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.

## Breast Cancer Support Group

Fridays, Sept. 8, Oct. 6, Nov. 3, Dec. 1  
12:00—1:30 p.m.

facilitated by Dominique Paris, LMSW

A supportive group where women diagnosed with breast cancer can share experiences.

## Men's Cancer Support Group,

1st Thursdays, Sept. 7, Oct. 5, Nov. 2, Dec. 7  
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 Wednesdays, Sept. 20, Oct. 18, Nov. 15, Dec. 20  
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. 11, Oct. 9, Nov. 13, Dec. 11  
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. 13, Oct. 11, Nov. 8, Dec. 13  
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.



## Imagery and Healing

3rd Tuesdays, Oct. 17, Nov. 21, Dec. 19  
12:00—1:30 p.m.

facilitated by Nurit Nardi, MA, LMT, RCST

Imagery is the natural language of the subconscious and the body/mind responds to imagery-based suggestions. This program will offer imagery-based exercises that can help you deal with stress and activate your innate healing capacities.

For more info about Nurit, go to:

[www.nuritshealing.com](http://www.nuritshealing.com)



## Linda Young Ovarian Cancer Support Group

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

Wednesdays, Sept. 27, Oct. 25, Nov. 29, Dec. 27

7:00—8:30 p.m.

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.

**Tuesdays**

4:00-5:30 p.m.



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

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.

## Songwriting Workshop with Brianna Cordi

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 Tuesday of the month  
6:00-7:00 pm.**

**Sept. 19, Oct. 17, Nov. 21, Dec. 19**



## CREATIVE ARTS GROUP

Are you looking to tap into your creative side, but don't know where to start?

This weekly group offers a vehicle for you to connect and share in the creative process. Activities include drawing, painting, collage, watercolor, sculpture, jewelry-making and more! No art experience is necessary.

Facilitated by Marilyn Fino & Beverly Nielsen with special guest artists.

**Tuesdays, 1:30-3:30 p.m.**



## 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 schedule an appointment at the Cancer Support House, **call OSP at (845) 339-2071**

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 **Debbie Denise, Benefits Advisor of RCAL** for an informational session at the Cancer Support House;

**1st Wednesdays: Sept. 6, Oct. 4, Nov. 1, Dec. 6, 2:00-4:00 p.m.**

## 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.

## 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, Sept. 12,  
Oct. 10, Nov. 14, Dec. 12  
4:00-5:00 p.m.**

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

## Gynecologic Care in the Post-Menopausal Years with Ashanda Saint Jean, MD, FACOG

Certain gynecologic cancers are more prevalent in the years after menopause, yet women in this age range are often uncertain when they should see a Gynecologist and what care they should receive.

In this program, Dr. Saint Jean will address the gynecologic care that is recommended for women in the post-menopausal years, including screening guidelines and symptoms that may indicate the need for further assessment, with a particular emphasis on early detection of endometrial/uterine and ovarian cancers. Please join us for this informative program designed to empower post-menopausal women in the safeguarding of their gynecologic health.

*Dr. Saint Jean is Chair of the Department of Obstetrics and Gynecology of HealthAlliance, WMC Health and Medical Director of Advanced OB-GYN Associates in Kingston.*

**Thursday, October 12, 5:30-7:00 p.m.** (Hybrid—in person at CSH and virtual )

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



### 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:

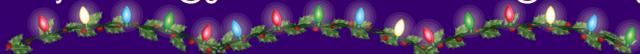
**Warm Ups:** <https://youtu.be/FhmcPM0U9e0> **8 Brocades of Silk:** <https://youtu.be/8q1PVbh2ysM>



**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.

### Miso Cooking Club with Kathy Sheldon, RN and Bettina Zumdick

Virtual until further notice. Classes will be recorded and made available to those registered. Donations appreciated. Advance registration is requested to: [kathy.sheldon@gmail.com](mailto:kathy.sheldon@gmail.com) or [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)



#### Late Summer Cooking September 19, 11:30 a.m.

As the seasons change, our choices move to fall vegetables in preparation for cooler weather. The markets will soon be displaying bright fall reds and oranges. Early winter squash and greens such as kale and collards, along with cauliflower, are perfect for seasonal transitioning.

#### Cooking for health - Cooking for illness October 17, 11:30 a.m.

Changes in diet can help us stay healthy as the weather shifts. Add warm nourishing soups, including miso and vegetables to your soup bowls. Winter squash such as Kabocha makes a delicious, magnificent soup.

Enjoy these meals and stay warm all winter.

#### Home Remedies November 7, 11:30 a.m.

Learn how to prepare home remedies: Try shiitake tea for a headache in the back of the head or Ume sho kuzu for a headache in the front of the head. "Let food be thy medicine."

*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)*

## **“Thirteen Days” by Dr. Bruce Moor**

### **(A personal reflection, post stem-cell transplant)**

Thirteen days of isolation and consolidation. Post stem-cell transplant in Mt. Sinai, I was confined to the transplant floor. I could endlessly walk the floors, sit in my chair or lie in bed. I chose not to turn on the TV or listen to the radio. Rather, I chose to listen to myself. This enforced retreat was a gift, but I frequently look at unexpected events as gifts presented to me for exploration and possible illumination. Even difficult or frightening things, like being told I have multiple myeloma, present opportunities that come with an invitation to explore my feelings and place in the world. I had a lot of time and a lot of deep digging. But I'm a prospector at heart, so digging has the promise of finding something of beauty or value. So what did I find? Lost parts; feelings I had as a child, both painful and joyous. I surveyed my life from infancy up to parenthood and to the close of my professional life, when I retired to deal full time with my disease and the next chapter. A fully honest look at who I had been, for better or worse. I came out a changed person. The transplant didn't work, but I was a more settled, integrated whole person. Self-compassion and forgiveness set me free of those binds I was never aware of. Grasping the fullness of the beauty and terror that aliveness is about: what Rilke perfectly described, “Let everything happen to you: beauty and terror.” Or what Zorba meant when he described his life as “The Full Catastrophe.” It's messy business, but a full embrace of what is in all of these dimensions is what life is. Fairness and goodness really have no currency with the master clock maker. We are who we are in all of our parts, and that is the simple reality.

Ending a career as an interventional radiologist and having the question asked by many patients, “why me”, I'd tell them that it's nothing you did or didn't do: it's just something that happens. Being alive carries the inevitable burden of dying. There's no place for guilt. No favors are granted to a good person, and conversely, no punishment for a bad person, much as we wish it that way. A physician understands early on that health and disease aren't about reward or punishment. We live in a world of what is, and what can and can't be done.

So, myeloma is invariably a fatal disease. Yes, life prolongation can be achieved by many different therapies, but there's no cure at this time. So if I don't die from a complication of myeloma, I'll die of heart disease, a stroke, or another cancer. The end is certain, but the timing and cause are yet to be written. How does one live their lives with the executioner waiting in the wings? As I write, two birds are building a nest in a scrub tree right outside of my window. They're doing what birds do, but the universe is sending me the same message. Do what you do. Not what I'm told to do, but what my heart wants me to do.

The thought of death on some horizon — maybe near or, hopefully, far — crystallizes what's essential and what's of less importance. It's not about being busy, but what feeds my soul. And that simply is connection with people and the physical world. Once I connected to my core self, it all became so clear. We live our usual lives in a maelstrom of media, consumerism, and putting up with what we think we need, or what people tell us we need. Should I be composing a bucket list? Just another mirage commodifying experiences to say to others, look what I did. No, I'd rather plant a seed, or tenderly place a seedling in a larger pot and watch it thrive. Or speak to my sons, allowing them the space to develop knowing that their dad is lovingly watching them. I now live in a pretty little house filled with art, life and beauty. And having recently found a partner who I love deeply has been an unexpected joy in my mid-seventies. I really need little else. I am at peace with myself and am not afraid. I can't control what will be, but I trust in what is.

*Dr. Bruce Moor recently retired after working as an Interventional Radiologist with the Cancer Program of HealthAlliance Hospital for over 40 years. He was diagnosed with multiple myeloma in August 2021. We are grateful for the excellent and compassionate care he has delivered to cancer patients over the years, and for sharing his wisdom and experience with our community.*



**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



**Join the Bike for Cancer Care on September 24 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 County:** Cornerstone Family Healthcare  
**Ariana Jimenez, Grants Coordinator** Phone: 845-220-3127  
Fax: 845-534-2940 Email: [ajimenez@cornerstonefh.org](mailto:ajimenez@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))
- ParatransitADA** 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://ProgramNeighbor-to-NeighborTransportationProgram.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**  
[hudsonvalleycancer.org](http://hudsonvalleycancer.org)

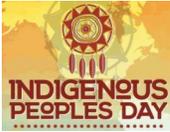
# September 2023

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	4 Tai Chi 10:00-11:00am	5 Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm	6 Gentle Yoga 10-11am  Cancer & Finance 2-4pm	7 Memoir Writing Workshop 3-5pm  Men's Support Group 6-7pm	8 Medical Qigong 8:00-9:15am  Breast Cancer Support Group 12-1:30pm	9
10 Happy Grandparents Day 	11 Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm	12 Creative Arts 1:30-3:30pm  Ostomy Support Group 4-5pm  Memoir Writing Workshop 4-5:30pm	13 Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Grp. 12-1:30pm	14 Memoir Writing Workshop 3-5pm	15 Medical Qigong 8:00-9:15am	16 Happy Rosh Hashanah 
17	18 Tai Chi 10:00-11:00am	19 Miso Cooking Club "Late Summer Cooking" 11:30am  Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm  Songwriting Workshop 6-7pm	20 Gentle Yoga 10-11am  Caregivers' Support Group 6-7:30pm	21 International Day of Peace   Memoir Writing Workshop 3-5pm  Younger Women's Support Group 5:30-7pm	22 Medical Qigong 8:00-9:15am	23 Autumn Equinox 
24 Bike for Cancer Care for the Rosemary D. Gruner Fund 	25   Tai Chi 10:00-11:00am	26 Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm	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

# October 2023

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Call the Oncology Support Program 845-339-2071 for more information.

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8	9   Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm	10 Creative Arts 1:30-3:30pm  Ostomy Support Group 4-5pm  Memoir Writing Workshop 4-5:30pm	11 Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Grp. 12-1:30pm	12 Memoir Writing Workshop 3-5pm  Gynecologic Care in the Menopausal Years 5:30-7pm	13 Medical Qigong 8:00-9:15am	14
15	16 Tai Chi 10:00-11:00am	17 Miso Cooking Club "Cooking for Health— Cooking for Illness" 11:30am  Imagery & Healing 12-1:30pm  Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm  Songwriting Workshop 6-7pm	18 Gentle Yoga 10-11am  Caregivers' Support Group 6-7:30pm	19 Memoir Writing Workshop 3-5pm  Younger Women's Support Grp. 5:30-7pm	20 Medical Qigong 8:00-9:15am	21
22	23 Tai Chi 10:00-11:00am	24 Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm	25 Gentle Yoga 10-11am  Ovarian Support Group 7-8:30pm	26 Memoir Writing Workshop 3-5pm	27 Medical Qigong 8:00-9:15am	28
29	30 Tai Chi 10:00-11:00am	31   Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm				

# November 2023

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> Gentle Yoga 10-11am  Cancer & Finance 2-4pm  Women's Support Group 5:30-7pm	<b>2</b> Memoir Writing Workshop 3-5pm  Men's Support Grp. 6-7pm	<b>3</b> Medical Qigong 8:00-9:15am  Breast Cancer Support Group 12-1:30pm	4
<b>5</b> 	<b>6</b> Tai Chi 10:00-11:00am	<b>7</b> Miso Cooking Club "Home Remedies" 11:30am  Creative Arts 1:30-3:30pm  Coping Skills for Cancer 12-1:30pm  Memoir Writing Workshop 4-5:30pm	<b>8</b> Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Grp. 12-1:30pm	<b>9</b> Memoir Writing Workshop 3-5pm	<b>10</b> Veteran's Day Observed  Medical Qigong 8:00-9:15am	<b>11</b> 
12	<b>13</b> Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm	<b>14</b> Creative Arts 1:30-3:30pm  Ostomy Support Group 4-5pm  Memoir Writing Workshop 4-5:30pm	<b>15</b> Gentle Yoga 10-11am  Caregivers' Support Group 6-7:30pm	<b>16</b> Memoir Writing Workshop 3-5pm  Younger Women's Support Grp. 5:30-7pm	<b>17</b> Medical Qigong 8:00-9:15am	18
19	<b>20</b> Tai Chi 10:00-11:00am	<b>21</b> Imagery & Healing 12-1:30pm  Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm  Songwriting Workshop 6-7pm	<b>22</b> Gentle Yoga 10-11am	<b>23</b>   <b>CLOSED</b>	24	25
26	<b>27</b> Tai Chi 10:00-11:00am	<b>28</b> Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm	<b>29</b> Gentle Yoga 10-11am  Ovarian Support Group 7-8:30pm	<b>30</b> Memoir Writing Workshop 3-5pm		

# December 2023

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.

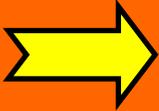
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Medical Qigong 8:00-9:15am  Breast Cancer Support Group 12-1:30pm	2
3	4 Tai Chi 10:00-11:00am	5  Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm	6 Gentle Yoga 10-11am  Cancer & Finance 2-4pm  Women's Support Group 5:30-7pm	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	12 Creative Arts 1:30-3:30pm  Ostomy Support Group 4-5pm  Memoir Writing Workshop 4-5:30pm	13 Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Grp. 12-1:30pm	14 Memoir Writing Workshop 3-5pm	15 Medical Qigong 8:00-9:15am	16
17	18 Tai Chi 10:00-11:00am	19 Imagery & Healing 12-1:30pm  Creative Arts 1:30-3:30pm  Memoir Writing Workshop 4-5:30pm  Songwriting Workshop 6-7pm	20 Gentle Yoga 10-11am  Caregivers' Support Group 6-7:30pm	21 Memoir Writing Workshop 3-5pm  Younger Women's Support Grp. 5:30-7pm	22 Medical Qigong 8:00-9:15am	23
24 Christmas Eve 	25 Merry Christmas  CLOSED	26	27 Ovarian Support Group 7-8:30pm	28	29	30
31 New Year's Eve 	Jan 1, 2024 Happy New Year!  CLOSED					



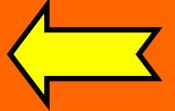
HealthAlliance Hospital, WMC Health Network  
Oncology Support Program  
105 Mary's Avenue  
Kingston, NY 12401

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!**

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. 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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Please make my gift in memory of: \_\_\_\_\_

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