



Sept/Oct/Nov/Dec 2015



A newsletter for cancer patients, their families and friends about support services offered by the Oncology Support Program *HealthAlliance of the Hudson Valley*



Mailing Address: 105 Mary's Ave.,
Kingston, NY 12401
Location: Herbert H. & Sofia P. Reuner
Cancer Support House
80 Mary's Ave., Kingston, NY 12401
Phone: (845) 339-2071
Fax: (845) 339-2082

ONCOLOGY SUPPORT PROGRAM
HealthAlliance of the Hudson Valley

We are dedicated to ensuring that no one faces cancer alone. Our group of compassionate oncology social workers, graduate social work interns and dedicated volunteers offer individual and group support to those affected by cancer. OSP's innovative programs promote prevention & healthy survivorship through exercise & meditation classes, cancer-related educational programs and workshops in nutrition, integrative medicine and the healing arts. As a bridge between HealthAlliance and the community, we offer a nurturing environment at the Herbert H. and Sofia P. Reuner Cancer Support House that promotes wellness and celebrates the fullness of life!

SUPPORT SERVICES:

- Arts & Healing Classes
- Counseling
- Educational Programs
- Support Groups for Women, Men, Family Members, Caregivers, Children & Parents
- Integrative/Complementary Medicine Workshops
- Lectures and Discussion Groups
- Lending Library: Books, Audio Tapes & Videos

Programs inspired by our **Linda Young Healing Garden**



ONCOLOGY SUPPORT PROGRAM STAFF

Director: Ellen Marshall, MS, LCSW-R, OSW-C, ext. 103, ellen.marshall@hahv.org

Founder: Barbara Sarah, LCSW-R

Social Workers:

Elise Lark, PhD, LCSW, OSW-C, ext. 102, elise.lark@hahv.org

Valerie Linet, LCSW, ext. 101, valerie.linet@hahv.org

Jennifer Halpern, PhD, LMSW, ext. 104, jennifer.halpern@hahv.org

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



WALK-IN HOURS

The Reuner Cancer Support House is open **Monday through Friday.**

Drop by during designated walk-in hours or call for an appointment.

Monday 10 a.m. - 12 noon

Tuesday 2 p.m. - 4 p.m.

Wednesday 4 p.m. - 6 p.m.

Thursday 1 p.m. - 3 p.m.

Friday 10 a.m. - 12 p.m.

Interns: Elizabeth Thomas: SUNY Albany School of Social Work

Karen Schaefer: Adelphi School of Social Work

Richard Coleman: Boston University School of Social Work

Volunteers: Ann Hutton, Marc Kamin, Kathy Sheldon, Abigail Thomas, David Levy, Rae Skinner

READER SUBMISSIONS ARE WELCOME!

We invite you to submit writings which may be included on our newsletter or placed on the HAHV/OSP website! Please submit to

ellen.marshall@hahv.org.

Recent article:

The Meaning of Survival by Juliet R. Harrison

Printed version available upon request.

From our Director:



As the seasons turn, we once again welcome new social work interns into our fold and look forward to the year ahead as OSP continues to offer innovative programs to meet the needs of our community. A few highlights: our oncology social worker Elise Lark will be starting a support and discussion group, ***Explorations on Being Mortal***, for people who would like to explore how to live more purposefully in the context of a life-altering illness. In other informative workshops on ***Advanced Directives***, Elise will be joined by Brenda Relyea, RN. Ujjala Schwarz is sure to inspire as she joins Mary Jo Johnson in facilitating the ***Healthy Living Support Group***; people with cancer, along with their family and friends, are invited to learn strategies to improve health and foster vitality. ***Our Finding Ease -- Coping Skills Group*** led by OSP social worker Valerie Linet continues as a valuable program alongside our numerous support groups and healing arts & wellness classes. Barbara Sarah, Founder of OSP has surfaced from "retirement" to present a workshop, ***Living Fully with Cancer***, introducing the principles of ***Meaningful Life Therapy*** which form the foundation of the OSP. We have also organized an informative program, ***Empower Yourself with Breast Cancer Knowledge***, presented by Dr. Zoe Weinstein, followed by a panel discussion in which other members of the oncology team will be available to address questions.



We are most grateful to the **Benedictine Health Foundation** for once again organizing the ***Bike for Cancer Care*** in **Sept.** to raise funds for the **Rosemary Gruner Fund** which helps so many of our cancer patients who are in active treatment. And this year, we are extremely grateful to the **HealthAlliance Foundation** for organizing a ***Cruise (Anchors Aweigh)*** as a fundraiser for our very own OSP. We look forward to the opportunity to showcase our services while enjoying the beautiful Hudson River with hospital staff, program members, volunteers and donors. It "takes a village" and with your help, we are able to carry out our commitment to creating a comprehensive support community for people facing cancer.

We look forward to seeing you at the Bike Ride, on the Cruise, at the Reuner Cancer Support House, in the Hospital or wherever the services of our compassionate OSP team are needed!

Sincerely, **Ellen Marshall**, MS., LCSW-R, OSW-C

Welcome to New Interns

My name is Richard Coleman. I am a student in the online MSW program at Boston University. I am also 81 years old. Completing an internship in the field is a requirement for this program. When I first heard the words "oncology unit", I thought that I would be interviewing patients coming into the Mary's Avenue Hospital and then writing up this information to be presented to the unit. This did not seem particularly appealing to me, since I had been involved doing intakes for 22 years as part of my work at the Alcohol and Drug Clinic in Sullivan County. Nevertheless, I was prepared to do this if that is what was required. However, my first visit to the yellow house totally changed my expectation. When I arrived, I experienced a feeling of peace and tranquility, both outside the house and later inside. My interview that morning let me know that I would be doing something I wanted to do, not just something I was supposed to do. I believe that peace and tranquility are an important part of healing, and healing is what the oncology support unit is about. I will be starting on September 1, and am looking forward to working with the entire staff and the members of the community we serve. —*Richard Coleman*

I am very excited to begin my journey at OSP in September and to learn from everyone as much as I can during this upcoming school year. I am a second year masters student at the school of social welfare at the University at Albany. Originally from the Woodstock area, I can't wait to return to Ulster County. —*Elizabeth Thomas*

I am so excited that I will be joining the Oncology Support Program team this Fall as a social work intern. I feel so grateful to have this opportunity to work alongside a team of compassionate professionals who are offering such a wide range of healing modalities. I look forward to participating in this hospital program that has created such a welcoming home-like setting. —*Karen Schaefer*

Happy Birthday



We invite you to be a part of our **Birthday Directory!** OSP will send each month via email a list of birthdays for the following month. Please submit your name and birth date (month and day) so that we can celebrate with **YOU** as a community!! Please call Oncology Support or email doris.blaha@hahv.org with your information.

Living Fully with Cancer

- Be active in your defense against disease
- Use every day to accomplish life goals
 - Help yourself by helping others
- Cope effectively with concerns about the end of life
 - Make constructive life plans

In this participatory workshop, **Barbara Sarah, LCSW-R, Oncology Support Program Founder**, will share how the Japanese philosophies, Morita and Naikan, can help someone with cancer live a life of awareness, meaning and purpose.

Meaningful Life Therapy was created in the 1980's by the Japanese psycho-neuroimmunologist, Jinro Itami, MD., and is based on **Morita Therapy** which was developed by Dr. Shoma Morita, a Zen Buddhist.

Naikan Therapy is based on the principles of Jodo Shinshu Buddhism and focuses on the practice of attention and reflection.

We will preview the short film, **"Coping with Uncertainty,"** produced by **Kat Caverly and Tom Reeve**

This video shares Kat's unique response to her own cancer diagnosis and treatment. You are sure to laugh, cry and in the end, witness an example of what **Meaningful Life Therapy** is all about.

Saturday Sept. 19, ASB Auditorium
10:00 a.m. to 1:00 p.m.



Refreshments Served!

Please call
(845) 339-2071
ext. 100
to register or

email: doris.blaha@hahv.org

Robert Auchincloss
Michael Appollonia
Margauerite Brown
Frank Burger
Emily Caigan
Len Cane
Robert Curtis
Kathleen Davis
Anne Donovan
Kathryn Dunlap

We Lovingly Remember:

Joan Dwy
Vito Fontana
Fred Gentile
Rebecca Gibbs
Roberta Griffin
Jeanette Grimes
Helen Hillje

Bob Maleonskie
Ann Horowitz
Hazel Iasiello
Carol Kocis
Stephen Pechloff
Barbara Salvino
Charles Scarselli

Donald Schoonmaker
Robin Smith
Carol Sparling
Daniel Stone
Lawrence Suttty
Robert Tellier
Marilyn Whaley
Joseph White
Robert Young

SUPPORT SERVICES

All groups are **FREE** of charge and meet at the Reuner Cancer Support House at 80 Mary's Avenue.
For more information or to join a group, please call the Oncology Support Program at (845) 339-2071.

Women's Cancer Support Group

First and Third Thursday. Sept. 3 & 17, Oct. 1 & 15, Nov. 5 & 19, Dec. 3 & 17 11 a.m.-12:30 p.m. Women of any age, at any stage, with any kind of cancer. Contact the Oncology Support Program at ext. 100

Weekend Women's Cancer Support Group

2nd & 4th Saturdays, Sept. 12 & 26, Oct. 10 & 24, Nov. 14, Dec. 12 10 a.m.-11:30 p.m. Women of any age, at any stage, with any kind of cancer. Contact Vicki Bedford at ext. 100 or email vicki.bedford@hahv.org

Men's Oncology Support Group

Second Wednesday, Sept. 9, Oct. 14, Nov. 11, Dec. 9 5:30-7 p.m. For men who have been diagnosed with any type of cancer. Contact the Oncology Support Program at ext. 100.

Family/Caregivers Support Group

3rd Monday, Sept. 21, Oct. 19, Nov. 16, Dec. 21 5:30-7 p.m. Provides a supportive and confidential setting for family and caregivers. Contact the Oncology Support Program at ext. 100.

Linda Young Ovarian Cancer Support Group

Last Wednesday, (except in Nov. & Dec.) Sept. 30, Oct. 28, Nov. 18, Dec. 16 7-8:30 p.m. For women diagnosed with ovarian cancer. Contact Ellen Marshall at ext. 103 or email ellen.marshall@hahv.org

Gynecologic Cancer Support

If you have any type of gynecologic cancer, including ovarian, endometrial, uterine, cervical, vaginal and vulvar, please contact Ellen Marshall at ext. 103 or email ellen.marshall@hahv.org

NEW Cancer Support Group coming to Ellenville SOON!

For more information, please contact (845) 339-2071. Facilitator, Vicki Bedford, will return your call.

Loss Counseling in Time of Grief

In collaboration with Jewish Family Services, OSP offers help navigating the grief process. To schedule an appt. with Toby Krawitz, LCSW, bereavement counselor, call OSP at ext. 100

NURTURING NEIGHBORHOOD NETWORK

If you are dealing with a cancer diagnosis and could use some one-on-one support from someone who's been through it, *you might like to have a Nurturing Neighbor*. Nurturing Neighbors are cancer survivors specially trained through the OSP to be volunteers. For further information on linking with a Nurturing Neighbor or becoming one yourself, please contact Valerie Linet at ext. 101 or email valerie.linet@hahv.org.



Finding Ease & Inner Balance: Coping Skills for Those Affected by Cancer

4th Tuesday, 2-3:30 p.m.

Sept. 22, Oct. 27, Nov. 24

Reuner Cancer Support House

Experiential classes led by OSP social worker, Valerie Linet. Open to newly diagnosed and long-time cancer survivors as well as caregivers. (Pre-registration Required)

In a safe, supportive space, you will learn tools to increase energy and ease in the body and mind. Whether you have just received the news, are in remission, or are dealing with late stage cancer, you'll learn how your nervous system works and how to bring it into greater balance. Using mindfulness and body-centered techniques you can reduce anxiety and stress and learn to better handle strong emotions. This is a monthly, interactive skill-building group rather than a traditional support or therapy group. Additional monthly practice sessions will be open to returning participants. Through practice, participants will develop a greater capacity to respond to the challenges of daily life and a cancer diagnosis.

Session topics include: *Riding the Waves of Diagnosis or Recurrence; Preparing for Treatment and Doctor's Appointments; Transforming Fear and Anxiety into Positive Life Energy; and Harnessing Resources.*

Valerie brings her intensive training in meditation and Zen Buddhism to this workshop, which is also informed by her experience as a trauma therapist and background in mind-body modalities designed to address anxiety and trauma, including Somatic Experiencing (SE). The classes will integrate principles of SE along with those of Dialectical Behavioral Therapy (DBT) and Mindfulness-Based Stress Reduction (MBSR) For an intake, please contact Valerie at (845) 339-2071 ext. 101 or email: valerie.linet@hahv.org.

KID/TEEN/Family Connection

OSP Offers Support to Youth Facing Cancer in the Family



Children and teens may be confused, angry, sad or scared when their parent or loved one has cancer. If you know a child or teen in need of support, or would like to discuss how to talk to your family about cancer, please contact Valerie Linet at ext. 101, Ellen Marshall at ext. 103 or email: valerie.linet@hahv.org or ellen.marshall@hahv.org

Fountain of Youth Newsletter



Youth affected by cancer are invited to create content for a new issue by submitting art or writings. For details, please contact Valerie Linet at ext. 101 or email: valerie.linet@hahv.org

OSP HEALING ARTS PROGRAMS

Memoir Writing Workshops

Members of our community who are affected by cancer have an opportunity to support one another by writing and sharing memoirs.

THURSDAY group is facilitated by Abigail Thomas
3-5:30 p.m.

Abigail has recently published, *What Comes Next and How to Like It*, in which she acknowledges members of the OSP memoir group.

"I've learned to be witness to one another's' lives is the greatest of gifts. Thursday afternoons are sacred."
—Abigail Thomas

FRIDAY group is facilitated by Ann Hutton
2-3:30 p.m.

For info. call (845) 339-2071 ext. 100 or email doris.blaha@hahv.org

The **OSP Memoir Group's** published anthology, ***holding on, letting go*** is available for purchase:



"You will never hold a book that is richer in love, life, death, family, and the human heart and humanity."
—Anne Lamott

Checks payable to:
**HOLDING ON LETTING GO
MEMOIR GROUP**
P.O. Box 3533
Kingston, N.Y. 12402
(\$15 plus \$5 shipping)

This I Believe

I believe that you can't be a survivor without being a warrior. Not a "soldier." A warrior. Warriors are deeply powerful people. Protectors. Brave. Strong. Thoughtful. Intelligent. Capable. Spiritual. Cancer is not as some say, a battle. I believe that cancer is an all out war on the patient: body, mind and soul - and that you have to have a belief in your own self worth to be victorious. You have to believe that you matter. That you're still being in the world has value and purpose. Survivors are not those who curl up in a corner and give up. We, cancer warriors, wear out scars proudly if not always publically. We laugh and cry in the trenches, bonding with our fellow warriors, travelers, survivors. Our laughter is as strong as steel columns, holding us vertical and as fragile as the thinnest glass. The tears we shed are both heart wrenching and cleansing. We know the toll that our personal wars against cancer have taken on our souls. We are not naïve about that. We can't be. Forged in the fire of cancer, we may not carry a sword or gun, but I believe we are none the less, warriors. And as long as I am still here, I will be adding something unique and special to the world. Something needed. It is the reason that I am still alive. My life, my purpose. Still valid. This I believe.

Written by **Juliet Harrison** and presented at our 16th Annual Cancer Survivors Event on June 5, 2015.

The full speech is available on the OSP website., go to:<http://www.hahv.org/service/celebrate-life-newsletter>

Community Reading of OSP Memoir Workshops

Please join us for an inspiring evening of readings by members of our OSP Memoir Workshops who have been touched by cancer. Hear their stories and be a witness to their lives.

Friday, October 16

6:30 p.m. Reception

7:00 p.m. Reading

ASB, Auditorium

Please call if you plan to attend:
845 339-2071 or
email: doris.blaha@hahv.org



Knit, crochet, needle felt, paint and more!. Our new intern, **Karen Schaefer**, will hold the space for you to share and learn from one another in a supportive environment at the **Reuner Cancer Support House**.

Mondays: **1:30-3 p.m.** To join in, please call **(845) 339-2071** or email: doris.blaha@hahv.org

Inner Vision, True Voice with Lisa Schimski, MS, LMT, Creative Arts Therapist



Cancer can be a life changing experience that draws many of us to re-evaluate our sense of who we are and what is important to us. In this series of sessions, we will use the expressive and creative arts to access our inner vision and find our true voice through a playful blend of individual and group activities that include mask making, collage, rock painting and more. **Reuner Cancer Support House**.

Saturdays, Sept. 26, Oct 24 and Nov. 21 12:30—2:30 p.m.

To register, please call 339-2071 or email: doris.blaha@hahv.org

Exercise & Wellness Classes

For more information or to register for any exercise class, please call (845) 339-2071 ext. 100 or email doris.blaha@hahv.org. \$8 suggested donation per class. (sliding scale as needed)

Tai Chi

Mondays, 10-11 a.m.

Reuner Cancer Support House

Learn Long Form Yang Style Tai Chi. Tai Chi is a moving meditation and slow motion martial art. The practice increases cognition, strength, balance and flexibility. **Annie LaBarge** has taught Yang Style Tai Chi for Bard's Lifetime Learning Institute and Marist's Center for Lifetime Study.

Qigong Class

Tuesdays, 7-8 p.m.

ASB, Auditorium

Exercises to train the breath, body and mind—holistic training for self-reliance, self-adjustment, and strengthening the constitution. Qi Gong exercises consist of gentle movements that are suitable for people of all ages! Classes taught by **Jeff Bartfeld**.

Gentle Yoga

Wednesdays, 9:30-10:45 a.m.

ASB, Auditorium

Gentle yet powerful! Yoga-inspired movement, breathing techniques and guided meditation. Stretch and strengthen the body, while calming and focusing the mind. **Deb Albright** is a Kripalu-certified yoga and meditation instructor and W.I.T.S. certified personal fitness trainer. All levels including beginners welcome. Mats provided.

SmartBells® Class

Thursdays, 9:30-10:45 a.m.

ASB, Auditorium

Exercise for health and fun! Smartbells® uses revolutionary sculptured weights to increase flexibility, strength & balance with gentle movement. **Angel Ortloff, L.M.T.**, is a licensed massage therapist, Shiatsu specialist, and certified Smartbells® instructor.

Jazzercise Class

Tuesdays: 5:30-6:30 pm

ASB Auditorium

Join **Cathy Shaw** in a fun & effective way to get and stay in shape and feel energized!. Each class combines elements of dance, resistance training, Pilates, yoga, kick-boxing, all tailored to the level of the participants.

Miso Happy Cooking Club

Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practice. The principles of plant based eating are utilized in the program. The group *usually* meets on the 4th Tuesday of each month at 10:00am. Please note that the fall schedule below includes **date changes** that accommodate **special programs** and **holidays**. Join Kathy Sheldon at the Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY. Advance registration is requested! Please e-mail to Kathy.sheldon@gmail.com or to doris.blaha@hahv.org. Suggested class donation \$8. Call ext. 100 for more information.

Tuesdays, September 1 & 22, and October 6

10am-1pm

THE BASICS 2 : A Three Session Workshop

This workshop is offered to any who attended Christina's Basics series in 2014 **OR** those interested in learning more about a plant based diet. Lecture, discussion, handouts, cooking segment, tasting and recipes are included in the program. The first hour will involve a lecture overview, followed by cooking demonstration with occasional hands on experience for participants, and tasting of the prepared dishes. A detailed outline of each session's topic and dishes will be e-mailed prior to the class date. Cancer survivors and their caregivers and current students are given priority. Please register the week before each class date.

Tuesday, November 17

10:30am -1:30pm

TBA

Tuesday, December 1

11am - 2pm

Holiday Party and Potluck Celebration

We will meet at the support house for this holiday gathering, potluck and optional gift exchange. Details prior to date. Significant snow cancels this program.

FREE Hypnosis for Weight Control

Excess body weight contributes to 1 in 4 cancer-related deaths.

Wednesday, OCTOBER 7

7 p.m.

Join **Frayda Kafka**, Certified Hypnotist.

For more information please call 845-339-2071 ext. 100

or email: doris.blaha@hahv.org

Choices & Wishes: Advance Directives Workshops



Tuesday, October 6, 5:30 to 7:30 pm
OR
Tuesday, November 3, 5:30 to 7:30 pm
Reuner Cancer Support House

Advance Directives provide the opportunity to define your end-of-life choices regarding treatment guidelines when circumstances arise where you can no longer speak for yourself. Two important steps are involved in assuring that your wishes will be honored. The first step involves reflecting on your life philosophy and putting your wishes in writing. Second, it is essential to discuss your choices with loved ones and your health care providers, and to provide them with copies of your documents. Participants will learn about three types of Advance Directives: the **Health Care Proxy, Living Will, and MOLST (Medical Orders for Life Sustaining Treatment)** and will be guided in completing the documents appropriate to their individual needs.

Facilitators will be **Brenda Relyea, RN, and Elise Lark, PhD, LCSW, OSW-C**

For further information and registration, please contact Elise Lark at 339-2071 ext 102 or elise.lark@hahv.org

To learn more about the MOLST, go to: <http://www.compassionandsupport.org/>

Explorations on Being Mortal: A support and discussion group

First & Third Wednesdays, from 2 to 3:30 p.m., beginning OCTOBER 7th

Reuner Cancer Support House

***“To live in this world
you must be able
to do three things:
to love what is mortal;
to hold it
against your bones knowing
your own
and, when the time comes to let it go,
to let it go.”***



Mary Oliver's eloquent words, from her poem *In Blackwater Woods*, above, captures the essence of this discussion and support group. This experiential group is designed for **those living with the day-to-day challenges of catastrophic illness of any kind, including stages 3 or 4 and recurrent cancer**. Participants will **explore how to live more purposefully** with the reality of our shared mortality and within the individual context of life-and-body-altering illness.

Together, we will engage in discussions and activities informed by relevant books, articles, films, poetry, guided meditations, body-mind awareness practices, reflective writing, and the expressive arts. A suggested reading and film list will be distributed upon registration.

OSP Oncology Social Worker, **Elise Lark, PhD, LCSW, OSW-C**, brings a broad range of experience as a clinician, integrative body-mind therapist, scholar, artist, and social change agent to this group. She is also the Founder of Circle of Friends for the Dying whose mission is to provide a beautiful, comforting home and a circle of support for individuals in the final phase of life.

For information and registration, please contact Elise Lark at 339-2071 x102 or elise.lark@hahv.org.

September is Ovarian and Gynecologic Cancer Awareness Month
The Linda Young Ovarian Cancer Support Program
is committed to supporting women diagnosed with Ovarian Cancer and educating the community about symptoms and early detection.

Know the symptoms:

- Bloating • Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

Other symptoms may include: fatigue, indigestion, back pain, constipation, pain with intercourse, menstrual irregularities.

Know what to do:

If you have these symptoms almost daily for more than two weeks, or have symptoms that are unusual for your body, see your gynecologist. Experts recommend a pelvic/rectal exam, a CA-125 blood test and a transvaginal ultrasound. If ovarian cancer is suspected, seek out a gynecologic oncologist. (foundationforwomenscancer.org)



Linda Young's daughter Rebecca with her children Lily and Levi—life goes on!

If you are unable to attend our Ovarian Cancer Support Group on the last Wednesday of each month at 7:00 p.m., there are still supports available to you!

SHARE – Self-help for women with breast or ovarian cancer
www.sharecancersupport.org
Offers a toll-free hotline: Call (866) 891-2392

For more information about the Linda Young Ovarian Cancer Support Program, please contact **Ellen Marshall** at 339-2071 ext 103 or email: ellen.marshall@hahv.org

Sunday, September 20, 2015

Dietz Stadium

170 North Front Street, Kingston, NY

To benefit: Benedictine Health Foundation's

Rosemary D. Gruner
Memorial Cancer Fund

Event Details & Online Registration:

www.bikeforcancer.org



WHY RIDE: To Help Cancer Patients in our Local Community

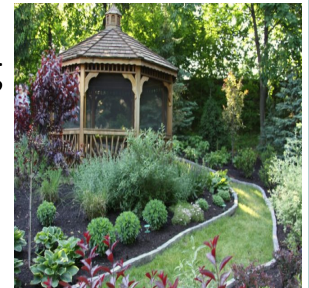
In partnership with the Gruner Family, the Benedictine Health Foundation established the Rosemary D. Gruner Memorial Cancer Fund in 2004 to **aid in the treatment, care, and support of cancer patients in need.**

Residents of Ulster County (regardless of where they receive treatment) and residents of neighboring Mid-Hudson Valley Counties (receiving treatment within Ulster County) with an annual household income of less than \$50,000 for families, or \$35,000 for single qualify to apply for assistance.

Each eligible patient receives \$500 annually in the form of gift cards to purchase nutritious food at Hannaford Supermarkets and/or fuel at Stewart's Shops to assist with transportation costs.

For further information or to request an application, please call (845) 334-3017 or visit us online: benedictinehealthfoundation.org.

Join the
Linda Young
Healing
Gardening
Club



Help us beautify our **perennial garden** located behind the **Reuner Cancer Support House.**

We will meet in the Fall and Spring to plant bulbs, flowers and pull a few weeds (if you are so inclined.) If you would like to spend time with other gardening enthusiasts, please call (845) 339-2071 or email: ellen.marshall@hahv.org

Your efforts will be most appreciated!

Weather permitting, we will meet from **3:00 - 5:00 p.m. on Wednesdays**
Sept. 30 and Oct. 28



Anchors Aweigh



A Life Preserving Cruise

Evening cruise aboard the Rip Van Winkle ~ Food, cash bar, music, raffles and prizes

All proceeds benefit OSP!

Tickets are \$35. Reserve now.

Call 845-334-2760 or visit www.FoundationUpdate.org

October is
Breast
Cancer
Awareness
Month

Empower Yourself with Breast Cancer Knowledge

An informative program presented by:

Zoe Weinstein, MD., Surgeon and Medical Director of the
Fern Feldman Anolick Center for Breast Health

followed by an interactive panel discussion with

Camillo Torres, MD., Radiation Oncologist, *Alfonso Cutugno, MD*, Medical
Oncologist and *Barbara Sarah, LCSW*, Breast Cancer Survivor and
Founder of the Oncology Support Program.

Thursday, October 22, 5:30-7:00 p.m.

ASB Auditorium — 75 Mary's Ave.

Perhaps you have been diagnosed with Breast Cancer and find yourself overloaded with information and overwhelmed by decisions that need to be made yesterday. The shock of diagnosis may make it hard for you to understand your diagnosis and the recommended treatment plan. Or, perhaps you have a friend or family member who has been diagnosed with breast cancer. You may be a health care professional who would like to know more about breast cancer in order to better support your patients or someone who just wants to become more knowledgeable about this far-reaching diagnosis.

This program will provide you with general yet vital information about Breast Cancer and how its treatment requires a team approach. **How is breast cancer classified and staged? When is breast surgery recommended and what kind of surgery is most appropriate? When is radiation therapy, chemotherapy and/or hormone therapy advised? When is it important to get genetic testing? How do I empower myself to get a second opinion and make decisions during this challenging time?**

We look forward to an informative evening and the opportunity for you to ask questions of a dedicated and knowledgeable team.

Light refreshments served.

To register, please contact the Oncology Support Program at (845) 339-2071 or email: doris.blaha@hahv.org



Healthy Living Support Group: Change for Good

Enhancing our Lives During and After Cancer Treatment

2nd & 4th Mondays 5:30-7:30 p.m.

Sept. 28, Oct. 12 & 26, Nov. 9 & 23, Dec. 14

Reuner Cancer Support House

How do we learn to listen to our bodies in order to nourish ourselves?

How do we incorporate healthy food into our diets in a way that is simple and manageable?

How do we set up our kitchens with nutritious staples?

How do we plan ahead for the times when we may feel fatigued?

How do we adjust to a “new normal,” re-build ourselves and re-create our lives with renewed vitality?

Although we need to be nurtured throughout our cancer experience, it may be particularly challenging to find the energy to take care of ourselves. In this workshop we will learn simple tools to integrate changes that improve health and enhance vitality. We will cook together in the Reuner Cancer Support House kitchen, prepare simple nutritious meals, invite beauty and nature into our lives, learn healthy skin care, share our challenges and aspirations and **learn to take care of ourselves on the inside as well as the outside**. Cancer can be transformative experience – this program is about walking through every stage of the cancer experience and living life fully. Family, friends as well as those diagnosed with cancer are welcome to attend and participate in the workshop — *involving our supports in the healing process is good for everyone.*

Facilitated by:

Ujjala Schwartz has devoted her life to teaching and practicing integrative approaches to fitness and health. Ujjala was a patient navigator for the Breast Cancer Education and Outreach Program and was the coordinator and health educator for the Senior Healthy Lifestyle Wellness Club at Benedictine Hospital. Ujjala is a certified fitness instructor and licensed Esthetician. She owned and operated her unique Bed & Breakfast for eighteen years in the Hudson Valley where she excelled at creating healthy meals that delight all the senses and feed the body and soul. As a twenty year cancer survivor and stem cell transplant survivor, Ujjala has the opportunity to share her experiences and inspire others to live life to its fullest.

Mary Jo Johnson draws upon the skills and resources she has gained as a 15+ year cancer survivor in addition to her professional training and years of clinical experience. She holds a Masters degree in Traditional Oriental Medicine where she studied nutrition, acupuncture and Chinese herbology. She also completed a program in oncology massage from Memorial Sloan Kettering. Mary Jo borrows concepts she learned as a master trainer for Stanford University’s Chronic Disease Self-Management Program, a research-based peer-facilitated workshop series.

Ellen Marshall has a Masters Degree in Nutrition and Public Health from Columbia University in addition to being an oncology social worker and the Director of OSP. She looks forward to sharing her knowledge and learning from the inspiring co-facilitators and from the OSP program members who will be attending this workshop. We all learn from one another!

Fitness and Cancer

FREE time-limited memberships

If you live in Kingston:

The YMCA is offering a free 1 month membership to people who have completed cancer treatment. To find out more about the “The Better Together” program, contact the YMCA membership office at **(845) 338-3810**

If you live in Highland or Poughkeepsie:

Michael Arteaga’s Health and Fitness Centers are offering free 3 month membership through the Cancer Well-Fit Program.

Poughkeepsie, call: **(845) 452-5050**

Highland, call: **(845) 691-6161**

(Medical approval by your physician to exercise is required.)



A Collaborative Program with the American Cancer Society



Trained cosmetologists demonstrate specific

techniques to help make the most of your appearance while undergoing treatment. The program is **product neutral** but ACS will provide each woman with free cosmetics.

If you would like to bring your own products or would like to find out more about safe cosmetics, go to: **safecosmetics.org**

September 18 & October 16 ~ 10 a.m.-12:00 p.m.

Reuner Cancer Support House

Barbara Malley, OSP volunteer, will help with this **FREE** program!



Breast Cancer Options

SUPPORT, HEALTH ADVOCACY & INFORMATION

845 339-HOPE (4673)

hope@breastcanceroptions.org

Think Pink Locally

Home Energy Assistance Program (HEAP)

HEAP is a federally funded program that assists low-income New Yorkers with the cost of heating their homes.

HEAP may also offer an emergency benefit for households in a heat or heat related energy emergency.

Apply at Ulster County Department of Services, 1021 Development Court, Kingston
845 334-5438

Applications accepted beginning in November. *Ulster Community Action* can sign up people who are eligible for HEAP but are unable to go to Social Services.

Contact: **Kingston Outreach Center**
Director: *Suzanne Hinchey*
(8454) 338-8750
shinchey@uccac.com



WEATHERIZATION – CAN YOU SAVE MONEY ON YOUR HEATING BILL?

Weatherization is a residential energy efficiency program that reduces energy use. Homeowners and renters may be eligible to receive free services to make their homes safer, more comfortable and energy efficient.

If a household meets income eligibility requirements or includes a member who receives Supplement Security Income (SSI) Public Assistance or Home Energy Assistance Program (HEAP) benefits or Food Stamps, the household is considered automatically eligible for *Free Weatherization*.

For more information or to find out if you are eligible, contact: Darlene Simms at **Ulster County Community Action: 845-338-8750 ext. 120** or email: dsimms@uccac.com

If you have a Medicaid Spend Down, a Supplemental Needs Pooled Trust may help!

If you are disabled and eligible for Medicaid and have been told you have a “ Medicaid spend down,” a *Pooled Trust* enables you to legally shelter excess income (your spend down amount) into a trust account while designating these funds to pay for basic living expenses. Your Medicaid can then become active. This may help you get coverage for co-pays and transportation to medical appointments. For information about setting up a Pooled Trust, contact: *Legal Services of the Hudson Valley* (877-574-8529) or call *Marsha Sweet, Pooled Trust Support Specialist at the Center for Disability Rights* 1-585-546-7560 or 585-546-7510 (direct line) or email: MSweet@cdrnys.org



Legal Services of the Hudson Valley

has been awarded a grant by
New York State
to provide
FREE legal services
to cancer patients
and their caregivers
Call: 877-574-8529



Need Help Finding Health Insurance?
Contact a Certified Navigator for the NY State of Health Marketplace

Maternal-Infant Services Network (MISN)

A Lead Agency for the State-funded health insurance programs.

MISN covers Dutchess, Orange, Putnam, Sullivan and Ulster counties.

MISN enrollers help individuals and families in need of health insurance make an educated choice about the health plan that best suits their needs.

MISN's **Community Health Advocacy Program (CHA)** helps people understand, access and utilize their insurance and provides assistance with grievances, appeals and finding solutions to their health care needs.

Please call **1-800-453-4666** for more information. Bilingual staff is available.



Community Service Society of New York

Bilingual certified navigator is available to assist you in choosing an insurance plan.

Contact Myrna Capaldi at **(845) 372-3234**

Need Help with Transportation to treatment or medical appointments?

If you are a cancer patient in need of transportation to treatment or medical appointments, there are resources available.
(To schedule a ride, advance notice is required.)

-Call the **American Cancer Society** at
1-800-227-2345.

-Call **Office for the Aging** at **(845) 334-8120**
if you are 60 years of age or older.

-Call **1-866-287-0983** if you have active **Medicaid**.



Own a car and like to drive?

Please volunteer to help a cancer patient!

For many cancer patients, getting to and from treatment is one of their toughest challenges. The **American Cancer Society's Road To Recovery**

program provides free rides for cancer patients. Trained volunteer drivers donate their time and the use of their personal vehicles to help patients get to the treatments they need.

If you would like to become a volunteer driver, please call the American Cancer Society **1-800-227-2345** or visit cancer.org/volunteer.

Join our **FREE** Smoking Cessation Program The BUTT Stops Here



An award-winning program developed by Seton Hall!
Open to all!

Facilitated by **Larry McGrath**,
Director of Respiratory Therapy

Mondays & Wednesdays 6-7 p.m.

Administrative Lobby Conference Room

Dates: Nov. 9, 11, 16 & 18

To register, please call (845) 339-2071 ext. 100 or email doris.blaha@hahv.org

Hudson Valley Region

Cancer Services Program



Your partner for cancer screening, support and information

FREE breast, cervical, colorectal screenings
for men and women who are
uninsured or underinsured

Breast Cancer Screening: Mammograms and
Clinical Breast Exams, Cervical Cancer Screening:
Pap Test and Pelvic Exam, Colorectal Cancer Screening:
Fecal Occult Blood Test

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

CANCER SCREENING SAVES LIVES!!!

Hypnosis for Smoking Cessation

Join **Frayda Kafka**, Certified Hypnotist

First Wednesday of Month:

Sept. 2, Oct. 7, Nov. 4 & Dec 2

5:30-7 p.m.

\$25 per session

Reuner Cancer Support House

To register, please call (845) 339-2071 ext. 100 or email doris.blaha@hahv.org

The Hypnosis Sessions are FREE to Employees of HealthAlliance



Interested in Finding Out More About

Clinical Trials?

Clinical trials are key to developing new methods to prevent, detect and treat cancer. If you would like help navigating the computer, understanding the complex wording, and/or identifying trials that may benefit you, please feel free to email or call **Arlene Cohen, MSN, OCN**,

Clinical Nurse Specialist, Oncology

acohen@hahv.org or (845) 802-7386

For information about cancer resources go to:




HUDSON VALLEY CANCER RESOURCE CENTER

hudsonvalleycancer.org

September 2015

HealthAlliance Hospital: Mary's Ave. Campus
Oncology Support Program 845-339-2071



ASB = Administrative Service Building
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Miso Happy Cooking The Basics II: Three Session Workshop 10:30am-1pm CSH Kitchen Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	2 Gentle Yoga 9:30-10:45am ASB, Auditorium Hypnosis for Smoking Cessation 5:30-7pm – CSH	3 Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	4 Memoir Writing II 2-3:30pm–CSH	5
6	7  CLOSED	8 Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	9 Gentle Yoga 9:30-10:45am ASB, Auditorium Men's Support Grp. 5:30-7pm –CSH	10 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	11 Memoir Writing II 2-3:30pm CSH	12 Weekend Women's Support Group 10-11:30am CSH
13	14 Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH	15  Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	16 Gentle Yoga 9:30-10:45am ASB, Auditorium	17 Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	18 Memoir Writing II 2-3:30pm CSH Look Good, Feel Better 10am-12pm CSH	19 Living Fully with Cancer 10am-1pm ABS, Aud.
20 Bike for Cancer Care – Gruner Fund Call 845-334-3017 Dietz Stadium	21 International Day of Peace  Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	22 Miso Happy Cooking The Basics II: Three Session Workshop 10:30am-1pm CSH Kitchen Finding Ease & Inner Balance 2-3:30pm – CSH Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	23  EQUINOX Gentle Yoga 9:30-10:45am ASB, Auditorium	24 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	25 Memoir Writing II 2-3:30pm CSH	26 Weekend Women's Support Group 10-11:30am CSH Inner Vision/ True Voice 12:30-2:30pm CSH
27	28 Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH Healthy Living Support Group 5:30-7:30pm – CSH	29 Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	30 Gentle Yoga 9:30-10:45am ASB, Auditorium Healing Garden Club 3-5pm – Linda Young Garden at CSH Ovarian Support Group 7-8:30pm – CSH			

October 2015

HealthAlliance Hospital: Mary's Ave. Campus
Oncology Support Program 845-339-2071



ASB = Administrative Service Building
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH Anchors Aweigh Cruise 5:30pm – Rip Van Winkle	2 Memoir Writing II 2-3:30pm CSH	3
4	5 Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH	6 Miso Happy Cooking The Basics II: Three Ses- sion Workshop 10:30am-1pm CSH Kitchen Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium Advance Directives 7:30pm – CSH	7 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH Hypnosis for Smoking Cessation 5:30-7pm – CSH Hypnosis for Weight Control 7pm – CSH	8 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	9 Memoir Writing II 2-3:30pm CSH	10 Weekend Women's Support Group 10-11:30am CSH
11	12  Tai Chi, 10-11am – CSH Healthy Living Support Group 5:30-7:30pm – CSH	13 Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	14 Gentle Yoga 9:30-10:45am ASB, Auditorium Men's Support Grp. 5:30-7pm – CSH	15 Smartbells® 9:30-10:45am ASB, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	16 Look Good, Feel Better 10am-12pm CSH Memoir Writing II 2-3:30pm-CSH Community Reading by OSP Memoir 6:30pm ABS, Aud.	17
18	19 Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	20 Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	21 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH	22 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Breast Cancer Knowledge 5:30-7pm ASB, Auditorium	23 Memoir Writing II 2-3:30pm-CSH	24 Weekend Women's Support Group 10-11:30am CSH Inner Vision/ True Voice 12:30-2:30pm CSH
25	26 Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH Healthy Living Support Group 5:30-7:30pm – CSH	27 Finding Ease & Inner Balance 2-3:30pm – CSH Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	28 Gentle Yoga 9:30-10:45am ASB, Auditorium Healing Garden Club 3-5pm – Linda Young Garden at CSH Ovarian Support Group 7-8:30pm – CSH	29 Smartbells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	30 Memoir Writing II 2-3:30pm-CSH	31 Happy Halloween 

November 2015

HealthAlliance Hospital: Mary's Ave. Campus
Oncology Support Program 845-339-2071


ASB = Administrative Service Building
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Daylight Saving Time Ends</p> 	<p>2</p> <p>Tai Chi, 10-11am – CSH</p> <p>Art & Crafts Sharing Circle 2:30-3:30pm – CSH</p>	<p>3</p> <p>Jazzercise Class 5:30-6:30pm ASB, Auditorium</p> <p>Qigong 7-8pm – ASB, Auditorium</p> <p>Advance Directives 7:30pm – CSH</p>	<p>4</p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Being Mortal 1:30-3pm – CSH</p> <p>Hypnosis for Smoking Cessation 5:30-7pm – CSH</p>	<p>5</p> <p>Smartbells® 9:30-10:45am ABS, Auditorium</p> <p>Women's Support Grp. 11am-12:30pm – CSH</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>	<p>6</p> <p>Memoir Writing II 2-3:30pm CSH</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>Tai Chi, 10-11am – CSH</p> <p>Art & Crafts Sharing Circle 2:30-3:30pm – CSH</p> <p>Healthy Living Support Group 5:30-7:30pm – CSH</p> <p>The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.</p>	<p>10</p> <p>Jazzercise Class 5:30-6:30pm ASB, Auditorium</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>11</p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Men's Support Grp. 5:30-7pm – CSH</p> <p>The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.</p>	<p>12</p> <p>Smartbells® 9:30-10:45am ABS, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>	<p>13</p> <p>Memoir Writing II 2-3:30pm CSH</p>	<p>14</p> <p>Weekend Women's Support Group 10-11:30am CSH</p>
<p>15</p>	<p>16</p> <p>Tai Chi, 10-11am – CSH</p> <p>Art & Crafts Sharing Circle 2:30-3:30pm – CSH</p> <p>Family/Caregivers Support Grp. 5:30-7pm – CSH</p> <p>The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.</p>	<p>17</p> <p>Miso Happy Cooking 10:30am-1pm CSH Kitchen</p> <p>Jazzercise Class 5:30-6:30pm ASB, Auditorium</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>18</p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p> <p>Being Mortal 1:30-3pm – CSH</p> <p>The Butt Stops Here! 6-7pm ASB, Administrative Conf. Rm.</p> <p>Ovarian Support Group 7-8:30pm – CSH</p>	<p>19</p> <p>Smartbells® 9:30-10:45am ABS, Auditorium</p> <p>Women's Support Grp. 11am-12:30pm – CSH</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>	<p>20</p> <p>Memoir Writing II 2-3:30pm CSH</p>	<p>21</p> <p>Inner Vision/ True Voice 12:30-2:30pm CSH</p>
<p>22</p>	<p>23</p> <p>Tai Chi, 10-11am – CSH</p> <p>Art & Crafts Sharing Circle 2:30-3:30pm – CSH</p> <p>Healthy Living Support Group 5:30-7:30pm – CSH</p>	<p>24</p> <p>Miso Happy Cooking 10:30am-1pm CSH Kitchen</p> <p>Finding Ease & Inner Balance 2-3:30pm – CSH</p> <p>Jazzercise Class 5:30-6:30pm ASB, Auditorium</p> <p>Qigong 7-8pm – ASB, Auditorium</p>	<p>25</p> <p>Gentle Yoga 9:30-10:45am ASB, Auditorium</p>	<p>26</p>  <p>CLOSED</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Tai Chi, 10-11am – CSH</p> <p>Art & Crafts Sharing Circle 2:30-3:30pm – CSH</p>					

December 2015

HealthAlliance Hospital: Mary's Ave. Campus
Oncology Support Program 845-339-2071

ASB = Administrative Service Building
CSH = Cancer Support House, 80 Mary's Ave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Miso Happy Cooking Holiday Party & Potluck 10:30am-1pm CSH Kitchen Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	2 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH Hypnosis for Smoking Cessation 5:30-7pm – CSH	3 Smartbells® 9:30-10:45am ABS, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	4 Memoir Writing II 2-3:30pm CSH Annual Holiday Celebration 6-8:30pm ASB, Auditorium	5
6	7 Hanukkah  Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH	8 Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	9 Gentle Yoga 9:30-10:45am ASB, Auditorium Men's Support Grp. 5:30-7pm – CSH	10 Smartbells® 9:30-10:45am ABS, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	11 Memoir Writing II 2-3:30pm CSH	12 Weekend Women's Support Group 10-11:30am CSH
13	14 Tai Chi, 10-11am – CSH Art & Crafts Sharing Circle 2:30-3:30pm – CSH Healthy Living Support Group 5:30-7:30pm – CSH	15 Jazzercise Class 5:30-6:30pm ASB, Auditorium Qigong 7-8pm – ASB, Auditorium	16 Gentle Yoga 9:30-10:45am ASB, Auditorium Being Mortal 1:30-3pm – CSH Ovarian Support Group 7-8:30pm – CSH	17 Smartbells® 9:30-10:45am ABS, Auditorium Women's Support Grp. 11am-12:30pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	18 Memoir Writing II 2-3:30pm CSH	19
20	21 Solstice Tai Chi, 10-11am – CSH Family/Caregivers Support Grp. 5:30-7pm – CSH	22 Jazzercise Class 5:30-6:30pm ASB, Auditorium Advanced Directives 5:30-7:30pm – CSH Qigong 7-8pm – ASB, Auditorium	23 Gentle Yoga 9:30-10:45am ASB, Auditorium	24 Christmas Eve CLOSED	25 Merry Christmas CLOSED 	26
27	28 CLOSED	29 CLOSED	30 CLOSED	31 New Years Eve CLOSED	JAN 1 Happy New Year CLOSED 	

Please join us for our **Annual Holiday Potluck Celebration**

HealthAlliance® Hospital:
Mary's Avenue Campus Auditorium

Friday, Dec. 4 from 6-8:30 p.m.

Be sure to bring your family and friends!

We will start with a *festive dinner supplied by OSP*
Please bring a healthy appetizer or dessert to share.

**Come and chat with good friends, meet new folks,
and enjoy OSP's special holiday activities.**

We look forward to celebrating the holiday season together!!!

Please register by Dec. 1 at (845) 339-2071 ext. 100 or email: doris.blaha@hahv.org

DONATIONS to OSP

Patricia Chana Lunior

Mr. & Mrs. Charles Manfro

Barbara Piombino

Mr. & Mrs. Douglas & Robin Stevens

In Memory of Marilyn Whaley
Doris Blaha

THANK YOU FOR YOUR SUPPORT

DONATIONS to LINDA YOUNG

Paul Leemon

DONATIONS to CHESD FUND

St. Vincent Depaul Society

DONATIONS to OSP

Robert G. Auchincloss

In Memory of Roberta Griffin
Doris Blaha

Jo Ann Cella

Ellen Falk

Special THANKS for your dedication

Toby Krawitz,, Frayda Kafka, Annie LaBarge, Kathy Sheldon, Larry McGrath, Juliet Harrison, Craig Mawhirt, Rae Skinner, David Levy, Ann Hutton, Abigail Thomas, Mary Jo Johnson, Barbara Malley, Pat Sawtel, Maria-Elena Harrington, Barbara Maleonskie, Meg Riebesell, Amie Baracks, Vicki Bedford, Lisa Schimski, Slide Mountain Sting Band (Mario Marola, Pete Halvorsen & Earl Pardini), Sharon Penze, Celeste Graves-Hoyal, Dancers of the Augerties Ballet Center (Isadora Rowan, Gabrielle Gregory, Braden Gregory, Asia Gross, Megan Colli-gan, Madison Delavega), our Nurturing Neighbors and other fabulous volunteers.



Do you wish to receive future newsletters by e-mail instead of regular (snail) mail?
Email doris.blaha@hahv.org to receive the future issues of *Celebrate Life!* by email in pdf format.

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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
www.hahv.org/service/cancer-support-program

Newsletter

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Located at:
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80 Mary's Avenue, Kingston, NY

HealthAlliance of the Hudson Valley®
Oncology Support Program
105 Mary's Avenue
Kingston, NY 12401



The fact that I can plant a seed and it becomes a flower,
share a bit of knowledge and it becomes another's,
smile at someone and receive a smile in return, are to
me continual spiritual exercises.

Leo Buscaglia

For the next newsletter, please submit writings to Doris Blaha by email at doris.blaha@hahv.org or fax (845) 339-2082 or by mail. Deadline for Jan/Feb/Mar/Apr 2016 issue is December 4, 2015.

SUBSCRIPTION INFORMATION

To be on our mailing list please call: 845-339-2071
or email: doris.blaha@hahv.org
or send your name & address to:
Oncology Support Program
HealthAlliance Hospital
105 Mary's Avenue, Kingston, NY 12401

Our Programs could not go on without your support! Please donate to the Oncology Support Program!

If you would like to make a donation, please write a check to:
The Benedictine Health Foundation, and indicate in **memo**
where you would like your donation to go:

Oncology Support Program (programming)

Linda Young Ovarian Cancer Support Program

Chesed Fund (emergency financial assistance)