



A newsletter for cancer patients,
their families and friends.

Celebrate Life!

Jun/Jul/Aug/Sep 2020

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 OPERATING REMOTELY DUE TO COVID-19
OSP Social Workers continue to be available for your ongoing support.
Please call (845) 339-2071 to speak with a member of our staff.

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>



HealthAlliance

Westchester Medical Center Health Network

hahv.org

ADVANCING CARE. HERE.

Greetings from OSP

It is indeed a changed world since the last issue of our newsletter. We recognize the stress, uncertainty, fear and loneliness brought on by the COVID-19 pandemic. Those feelings are amplified for those of you who are vulnerable and already dealing with the life-changing reality of a cancer diagnosis. I am writing this note while the State's Stay-at-Home Order is still in place and we are as yet uncertain what the next few months will bring. Regardless of what unfolds, however, OSP staff will continue to support you and provide a vehicle for you to share your lives with one another.

It has been heartwarming that our remote support groups, healing arts programs and even a few of our wellness programs are filled with your images and voices. It is encouraging that you continue to support one another, create art together, and exercise and meditate in one another's presence. These are challenging times and it helps to stay engaged and connected.

Although our lives have been filled with anxiety, we have also witnessed beauty and courage in our midst, and for that we are incredibly grateful. We thank the front-line workers...the nurses and support staff in our hospital and in other communities for their hard work, bravery and commitment. We thank the generous members of our community who are helping their neighbors by making masks, sharing resources and speaking words of hope and encouragement.

We look forward to a time when we will again be together, in one another's presence without hesitancy and fear. In the meantime, we welcome your calls and invite you to attend our support groups and programs which are currently operating remotely until further notice.

With sincere wishes for your health, safety and well-being. --Ellen Marshall, Director of Oncology Support Program

ONCOLOGY SUPPORT PROGRAM STAFF

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

Oncology and Palliative Social Worker: Elise Lark, PhD, LCSW, OSW-C, ext. 102, elise.lark@hahv.org

Medical and Palliative Social Worker: Jennifer Halpern, PhD, LMSW, APHSW-C, ext. 101, jennifer.halpern@hahv.org

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

Founder: Barbara Sarah, LCSW



Front: L to R Elise Lark, Ellen Marshall
Back: L to R Doris Blaha, Jennifer Halpern

And the People Stayed Home

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

—Kitty O'Meara

When the CDC recommended properly fitted face coverings to slow the spread of COVID-19, our community rallied. We thank the generous members of our community for making masks so that people can feel safe and even beautiful while protecting themselves and one another.



Masks made by Melissa Eppard

"I was watching the news the first Sunday night when Gov. Cuomo said 'If you know how to sew



Masks made by Tara Ryan

please make masks!' I started the next morning. I felt compelled to make them for as many people as I could! My intention was to organize more sewers, but I didn't have time to stop sewing. I originally tried 3 different patterns & decided on one that I felt confident my family should wear. They take longer to make, but they're better. I've made about 150 so far. No award-winning number. I started with my family & closest friends then requests from others kept coming in. I feel really good to participate in helping others feel protected during COVID-19."

—Tara Ryan

For Face Covering information, visit the CDC link:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>

SUPPORT SERVICES AT OSP

We recognize that you may prefer to attend support programs in the safety of your own home due to COVID-19. The following groups will continue to run remotely even after the State's Stay-at-Home Order is lifted. If you would like join a group that is operating remotely, please call OSP at (845) 339-2071 and we will provide you with a password-protected link or phone number.

Women's Cancer Support Group, facilitated by Jennifer Halpern, PhD, LMSW, APHSW-C. 3rd Fridays, June 19, July 17, Aug. 21, Sept. 18, 11:00 a.m.-12:30 p.m. Share common concerns and learn about living with cancer during and after treatment. Contact OSP at ext. 101 **REMOTE VIDEO**

Linda Young Ovarian Cancer Support Group, facilitated by Ellen Marshall, LCSW-R, OSW-C. Wednesdays, June 24, July 29, Aug. 26, Sept. 30, 7-8:30 p.m. An informative and supportive setting for women diagnosed with ovarian cancer at any stage. Contact OSP at ext. 103 **REMOTE VIDEO**

Men's Cancer Support Group, facilitated by Eric Toboika, RN, LMSW. 1st Wednesdays, June 2, July 1, Aug. 5, Sept. 2, 6:00-7 p.m. A supportive, confidential setting for men who have been diagnosed with any type of cancer. Contact OSP at ext. 100 **REMOTE VIDEO**

Caregivers' Support Services, facilitated by Jennifer Halpern, PhD, LMSW, APHSW-C. Available to address the unique issues of caregivers on an individual basis and to bring caregivers together for mutual support as needed. Please contact OSP at ext. 10 **REMOTE VIDEO**

Younger Women's Support Group, facilitated by Elise Lark, PhD, LCSW, OSW-C. 3rd Thursdays, June 18, July 16, Aug. 20, Sept. 17, 5:30-7 p.m. This group focuses on issues common to young women with cancer including: body image, managing work, sexuality and intimacy, relationships, fertility, talking to children about cancer and self-advocacy. For women age 55 and younger, with any type of cancer. Contact OSP at ext.102 **REMOTE VIDEO**



The Younger Women's Support Group has partnered with Young Survival Coalition

<https://www.youngsurvival.org/>

YSC is an organization dedicated to addressing the critical issues unique to young women who are diagnosed with breast cancer when they are under the age of 35. To join our local YSC's Younger Women's Support Group social networking page, go to: www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/

Cancer & Finances?

Diagnosed with cancer and wondering how to pay for treatment related expenses? Benefits Advisor from the Resource Center for Accessible Living (RCAL), Debbie Denise, is available at the Reuner Cancer Support House to answer your questions:

- ◆ *How do I apply for Disability and/or Medicaid?*
- ◆ *What do I do if I have a "Medicaid Spend Down?"*
 - ◆ *How do I set up a "Pooled Trust?"*
- ◆ *What is "Spousal Refusal" and how may it help me?*

2nd Mondays,
3rd Mon., June 8, July 13, Aug. 10, Sept. 14,
2:00-4:00 p.m.
REMOTE VIDEO

To register for an informational session, please call (845) 339-2071 or email: oncology.support@hahv.org



Coping Skills for Cancer: Finding Ease & Inner Balance

Whether you are newly diagnosed with cancer, a long term cancer survivor or a caregiver, a cancer diagnosis can be overwhelming. In this group, you will learn practical skills to regulate your nervous system as you face cancer-related stressors, from anxiety related to medical procedures to fear of recurrence. The classes integrate principles of Somatic Experiencing (SE), Dialectical Behavioral Therapy (DBT) and Mindfulness-Based Stress Reduction (MBSR).

Facilitated by Valerie Linet, LCSW-R
June 22, July 20, Aug. 17, Sept. 21,
11:00 a.m.—12:30 p.m. REMOTE VIDEO
Pre-registration is required to attend this group so please call OSP at (845) 339-2071 or email: oncology.support@hahv.org



KID/TEEN/FAMILY Connection

OSP Offers Support to Youth Facing Cancer in the Family

If you know a child or teen in need of support or would like to discuss how to talk to your child or teen about cancer, please call the Oncology Support Program at (845) 339-2071.

Support Group: What Really Matters?

1st Wed., June 2, July 1, Aug. 5, Sept. 2, 12:30 to 2:00 pm.

Facilitated by Elise Lark, PhD, LCSW, OSW-C

what
REALLY
matters

"If we can learn to face genuine reality, we can live better." ~ Arthur Kleinman

This monthly group is for people affected by cancer who seek to live a life more aligned with what really matters to us individually. Reflective questions, experiential practices, readings, journaling and discussions can help bring us face-to-face with who we are, for better and for worse, while recognizing and working with existential constraints such as illness and aging. Our discoveries invite us to address what may be holding us back from who we wish to be and living a more fulfilling and meaningful life, in this moment.

Participants select and work on concrete tasks that are personally meaningful, such as a legacy project or scrapbook, thank you or "completion" letters to significant others, forgiveness meditation or writing one's own obituary. The group is loosely based on the contents and curriculum of Stephen Levine's book *A Year to Live: How to live this year as if it were your last*. A list of additional suggested readings will be provided.

For further information or to pre-register and arrange an informal intake interview, please contact Elise Lark at (845) 339-2071 ext. 102 or email: elise.lark@hahv.org. REMOTE VIDEO



Advance Care Planning

Oncology Support Program Social Workers are available to help you complete Advance Directives — documents that ensure that your wishes and choices regarding medical treatment are known if you become unable to advocate for yourself at end of life. We can help you prepare your Health Care Proxy and Living Will. Although a physician is required to sign the MOLST, we can discuss the form with you. Call OSP at (845) 339-2071 to make an appointment to get the information and support you need.

Palliative Care Social Work Inpatient Support

If you are in the hospital and suffering with distress or pain, ask your nurse for a palliative care social work referral. OSP Palliative Care Social Workers can help you learn ways to control your symptoms through complementary techniques, help you communicate your needs and wishes to the medical staff and/or assist you in connecting with a palliative care physician in the community upon discharge.



Loss and Bereavement Group with Marjorie Berman **Weds., June 10, July 8, Aug. 12, Sept. 9, 10-11:30 a.m. REMOTE VIDEO**

Grief can be many-layered. You may have experienced the death of a parent, a partner, a child, or a *friend from illness* including COVID-19. Past losses may be stirred up as we grieve.

Through guided meditation, mindfulness and sensory awareness exercises and discussion, we will explore our unique loss stories. As we pause and create spaciousness for our grief experiences, we will collaboratively share and process without judgment. Let us gather to co-create a sacred space in which to connect with our feelings and grieve in a supportive environment where we are heard, acknowledged and partnered as we begin a journey of healing.

Marjorie E. Berman, LCSW-R, facilitator, practices individual, family and group therapy in Woodstock, NY. Her practice includes working with people living with illness and their loved ones. She received a post-masters certificate in End of Life Care, facilitated a Hospice staff support group and founded a hospital Palliative Care Program for incarcerated women.

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



Nurturing Neighborhood 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, a local volunteer and cancer survivor trained through OSP to offer peer support.

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

OSP 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 Memoir Group
facilitated by **Abigail Thomas**,
3:00-5:00 p.m.
REMOTE VIDEO

Friday Memoir Group
facilitated by **Ann Hutton**,
2:00-4:00 p.m.
REMOTE VIDEO

For information or to join a workshop,
please call (845) 339-2071 or
email: oncology.support@hahv.org



To purchase a copy of *holding on, letting go*, written by current and past members of our Thursday Memoir Group, Call OSP at (845) 339-2071

Resilience Ain't Always Easy by Susan York

I have a confession. The truth is I'm not always great with resilience. Sometimes I get caught in the darkness of the political climate, the losses in the pandemic, the state of global warming, an offhanded comment I overhear about my outfit or my art, witnessing injustice— these things can take me down a bad path. Sometimes I put everyone else's needs in front of my own. I forget to reach out, to meditate, to take care of myself.



Whenever I see the word resilience, for some reason I think *Reconnect with SILENCE*. I listen to that internal voice, that soul energy that connects me to the rest of that fabric of the Universe. That voice other people may think is crazy but it tells me the next thing to do.

Studies show that participating in some sort of creative expression helps build resilience, so painting round the clock, writing and baking on Mondays, as well as my daily dance, singing to music while I lay out my palette, all help with resilience.

For like a yin and yang symbol, there is a dot of dark in the light and light in the dark. I recently heard that putting our hands together in prayer can be a form of embracing both sides of our nature - the dark and the light, aligning the heart and opening the mind. Or as I say when asking for a prayer from my favorite book, "May I feel it in my mind, as I know it in my heart as I speak it on my lips."

So when we find ourselves in moments of despair, let us embrace both sides of ourselves; let us do something creative or kind; let us reach out for supportive community (through ZOOM or other means); let us go to a place that gives us peace and forgive ourselves for forgetting That We are Light, We are Connected, We are the God on the Inside and We are and will be Enough.

Listen to the full talk by Susan from which this is excerpted at: <https://bit.ly/3cVjcJk>

CREATIVE ARTS GROUP



Our weekly group will continue to be held remotely and provides a wonderful vehicle for connection, creativity and stress reduction.

In order to expand our remote offerings, we have partnered with *Complementary Cancer Care*, a volunteer organization in Florida.

Join our **weekly** group facilitated by volunteer artists & art educators, **Marilyn Fino & Bev Nielsen**, along with guest artists.

Try collage, painting, drawing, fiber arts, clay work and more!

Bring your own ideas to share.

No art experience necessary.



Fridays, 12:30-2:30 p.m.
REMOTE VIDEO

For information or to join a workshop,
please call (845) 339-2071 or
email: oncology.support@hahv.org

WELLNESS/EXERCISE PROGRAMS

We look forward to the time when OSP-sponsored exercise classes offered at the Kingston Library, HealthAlliance Hospital Auditorium and Reuner Cancer Support House will resume. To attend a class that is operating remotely, please call OSP at (845) 339-2071.



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. If you are interested in joining this class, please call OSP at (845) 339-2071 and we will give you the Remote Link.



Medical Qi Gong with Betty Gilpatric: Fridays, 8:30-9:45 a.m. If you are interested in attending this class, please call OSP at (845) 339-2071 and we will give you the Remote Link. 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>



Memorial Sloan Kettering
Cancer Center.

Sloan Kettering has YouTube videos of exercises geared to people with cancer: The link is: https://www.youtube.com/results?search_query=mskcc+exercise+https://www.youtube.com/results?search_query=mskcc+exercise+



Moving for Life Dance Exercise for Health Classes are offered on line. Go to the calendar at: <http://movingforlife.org/class-calendars.htm> Classes start with a gentle warm-up, move to gentle aerobics and strength training through dance, followed by a cool-down.



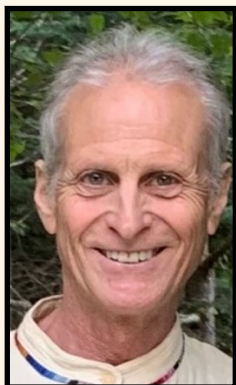
Open Dance with Tara Ryan Join us for movement, laughter and fun. We will dance at our own pace in the safety of our homes while connecting with others! 1st Tuesday: June 2, July 7, Aug 4, Sept. 1, 4:00-5:00 p.m. If you are interesting in joining, please call OSP at (845) 339-2071 to access the REMOTE VIDEO link.

Our Miso Happy Cooking Club is taking a break during the summer months but we look forward to meeting again at the Reuner Cancer Support Kitchen in the Fall.

—Kathy Sheldon



Jin Shin Jyutsu Self-Help Workshops with Bob Lesnow, DC, CDN



Jin Shin Jyutsu was introduced to the US by Japanese Master Jiro Murai and his primary student Mary Burmeister.

It is a gentle hands-on practice that helps us harmonize our energy flow, restore our natural healing processes and balance our nervous system.

In these workshops, Dr. Lesnow will share the basic principles of Jin Shin and teach self-help techniques that we can use during stressful times.

**Wednesdays, June 17 and Sept. 16, 4:30-6:00 p.m.
REMOTE VIDEO**

If you are interested in attending, please contact OSP at (845) 339-2071 and we will give you the remote link.

Dr. Bob Lesnow is a NYS licensed Chiropractor, NYS Licensed Certified Dietetics Nutritionist, and Certified Jin Shin Jyutsu Practitioner. He has been involved in the healing arts field since 1974 and currently practices in Accord, N.Y.

All About Medicinal Mushrooms

Medicinal mushrooms have been approved adjuncts to standard cancer treatments in Japan and China for more than 30 years. They have been used as single agents or combined with radiation therapy or chemotherapy. Some of the more commonly used species of mushrooms include:

Ganoderma lucidum (reishi)
Trametes versicolor or
Coriolus versicolor
(turkey tail)
Lentinus edodes (shiitake)
Grifola frondosa (maitake)



There are many studies that have examined the effects of mushrooms on immune response pathways and on antitumor mechanisms. The following links from the NIH-National Cancer Institute provide comprehensive, peer-reviewed, evidence-based information about the use of medicinal mushrooms in the treatment of people with cancer. It is intended as a resource to inform and assist clinicians who care for cancer patients. If you are interested in safely integrating medicinal mushrooms into your cancer care, share these links with your treatment team.

<https://www.cancer.gov/about-cancer/treatment/cam/patient/mushrooms-pdq>

September is Ovarian Cancer Awareness Month



The Linda Young Ovarian Cancer Support Program of OSP

offers a monthly support group for women diagnosed with ovarian cancer and is committed to educating the community about ovarian cancer symptoms and early detection.

For information about the Linda Young Program or the Ovarian Cancer Support Group, please contact Ellen Marshall, (845) 339-2071 ext. 103

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.



Linda's Healing Garden

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. Go to: foundationforwomenscancer.org



SHARE — Self-help for women facing breast or ovarian cancer. www.sharecancersupport.org Toll-free hotline: Call (866) 891-2392

SUPPORT CONNECTION — Offers an ovarian cancer national toll-free phone support group. www.supportconnection.org Call (800) 532-4290



On Cancer and Pandemic by Jenny Lee Fowler



CARE by Jenny Lee Fowler

I've been thinking about ways that the pandemic feels like a cancer diagnosis. Here are some thoughts and notes to self from that part of my brain:

This will transform you. That's ok.

Metabolizing change and uncertainty is exhausting. Take time to grieve the things you are losing right now. This is trauma.

It's fine to be grateful for the brilliance of your life AND grieve little and big things. They're not at odds. Even if someone has it worse than you, even if you're wildly resourceful, even if your glass is usually half-full.

Find people who can hold your truth with you. Not everyone is up for that and you can still love them if they're not. You don't have to be good at this. We're all learning as we go along.

You are not defined by your productivity. I often have to take my energy hour to hour, minute to minute. It's a profound shift. I've had a lot of practice now, and it's gotten easier, but I still feel the friction sometimes of wishing I could accomplish more under the circumstances. It's ok to just be.

Information is power. Whenever you can, track it back to the source. Advocate for yourself and for others.

Things go wrong in a body. There's a paradox of what you can and can't control.

Inventory your inner resources. Call them to mind, name them, tune them up. Seek new tools.



Finding My Footing by Melissa Eppard

It is a bit surreal to write for a quarterly publication, knowing that so much can change in such short amount of time. I am dumbfounded by the collective loss our country has experienced in the last few months, and want to acknowledge the ongoing suffering and sacrifices of people who have lost loved ones, as well as humbly bow to those essential workers on the front lines. Thank you.

Covid-19 has turned most of civilization on its head. Almost overnight, all attention and energy shifted towards homeschooling my 9-year-old, learning how to sew face coverings, baking bread, and meeting with clients and family over Zoom chats. After forty-something days of this post-modern *Little House on the Prairie*, I realized that I had been living in my house slippers except for the rare jaunt to the grocery store or walks with the dog. Coincidentally, with the arrival of spring (and my stimulus relief check), I realized I needed a new pair of sneakers and took a gamble by ordering my favorite brand online.

Putting on those new sneakers was nothing short of a revelation! As my feet were enveloped in cushiony support, I instantly knew why my back had been starting to act up, but also noted the shift in my energy. Could something as simple as a pair of shoes hold the secret to my resilience in this new situation? Here are 3 things I learned from my new sneakers:

Ground and balance yourself — With so much change and uncertainty, I have been struggling to keep up with current information and figuring out how to be and work and live in the shifting sands of the new normal. The sturdy soles of these shoes made me aware of my feet and reminded me of teachings about anchoring energy into the earth. With mindful awareness in this present moment, I can connect with my breath and remember to ground my energy, drawing mental and heart space energy down my legs, through my feet as I visualize sending roots down into the earth. I don't need to have all the information and answers to do this. I don't need to know what's next. Do the things that help you feel balanced. Connect with nature or move your body. Grow things or make things with your hands. Get out your yoga mat or take a hot bath. Self-care is not a mindless frivolity, but key to renewing your body, mind and spirit.

Don't sacrifice stability for comfort—I remembered to listen to my body. You might think that slippers are the most comfortable shoes in the house, but really, they are not meant to be worn 16 hours a day. I realized how badly I need arch support, and my slippers are more appreciated if I keep them for those special few hours in the evening and early morning. Explore how this idea can translate to other areas of life. If I shift how I work or how I get my food, or the types of food choices I make, can I experience greater stability?

Dress for what is possible —These sneakers put a spring in my step. I immediately felt more energetic and ready to take on the day. After all this isn't a vacation, and I don't intend to spend the entire day watching Netflix or scrolling through social media. Just because I'm staying close to home doesn't mean I need to stay in my pajamas. How do you dress when you want to be agile, responsive and ready to flow with the day?

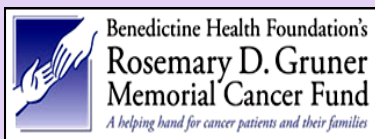
Back when people went to gyms, we were required to wear designated indoor sneakers. No street shoes or funky old lawn-mowing sneakers were permitted. I'm being extra cautious by not wearing my street shoes in the house, so I don't track in any unwanted germs. You can try this method even without online shopping by choosing and designating one set to be your indoor shoes. May you feel as well as can be, and experience being even more grounded, supported, comfortable and ready for our day.



Melissa Eppard is a certified Life Coach, breast cancer thriver and flat activist. She offers her personal and professional experiences to help women get their sexy groove back after cancer so they can move forward with less fear, make peace with their bodies and reclaim the fullness of life. MelissaEppardCoaching.com

Cancer Related Resources

Local Financial Assistance for the Cancer Community



Benedictine Health Foundation's
**Rosemary D. Gruner
Memorial Cancer Fund**
A helping hand for cancer patients and their families

The Rosemary Gruner Fund: \$500 Hannafords and/or Stewarts gas cards annually to financially eligible people in active cancer treatment. Contact the Benedictine Health Foundation. (845) 481-1303.

Miles of Hope Fund for breast cancer patients:

Financial assistance to eligible women in treatment.

Ulster & Greene Counties—call Family at (845) 331-7080, ask for Carol Sisco.
Dutchess County—call Community Action at (845) 452-5104, ext.142 or ext.124.



Leukemia & Lymphoma Society Online Chats. Free, live sessions moderated by oncology social workers



**LEUKEMIA &
LYMPHOMA
SOCIETY®**

who help guide discussions and provide resources, information and support.

Topics include: *Living with NHL*, *Living with Myeloma*, *Living with CML*, *Living with Acute Leukemia* and *Young Adults Living with Leukemia, Lymphoma & Myeloma*. **Go to: www.LLS.org/chat**



CANCERcare®

CANCERCare® provides free online or telephone support groups led by oncology social workers to help people affected by cancer along with information about cancer and resources.

https://www.cancercaresupport.org/support_groups or call **(800) 813-4673**



Breast Cancer Options

SUPPORT, HEALTH ADVOCACY & INFORMATION

845 339-HOPE (4673)

hope@breastcanceroptions.org

Think Pink Locally

www.BreastCancerOptions.org
(845) 339-4673

Peer-led support groups in Dutchess, Ulster, Columbia, Greene, Orange and Sullivan Counties.

Camp Lightheart for children of breast cancer survivors.

Metastatic Breast Cancer Retreat

Online Resource Guide for the Cancer Community



hudsonvalleycancer.org

ONLINE SUPPORT PLATFORMS

LotsaHelpingHands.com and **CaringBridge.org** websites provide an all-in-one intimate, safe place where those living with chronic illness, their caregivers, family and friends can meet 24/7 to support one another in a meaningful way.

The American Cancer Society's National Cancer Information Center (NCIC)

provides trained specialists available to answer calls from anyone who has a question about cancer. (1-800-227-2345). Live online chat is also available Monday through Friday from 9:00 a.m. to 5:30 p.m.

American Cancer Society Free Wig Coupon:



A variety of wigs to choose from shipped directly to your home.
Coupon is good for one wig per person.



**CANCER
RESEARCH
INSTITUTE®**

The Cancer Research Institute is a nonprofit organization dedicated to harnessing our immune system's power

to control and potentially cure cancer. The Institute funds innovative clinical and laboratory research around the world and serves as the trusted source of information on immunotherapy for cancer patients and their caregivers.

Tara Ryan shares her remarkable story on the CRI Website. She was diagnosed with melanoma in 2015 and successfully treated with immunotherapy.

Tara is a Cancer Hope Coach and has been co-facilitating OSP's Integrative Support Group.

"I like using the words 'living and dancing through cancer'." Tara



For her inspiring story, go to:

<https://www.cancerresearch.org/patients/immunocommunity/featured-stories/tara-r>

Office for the Aging/ NY Connects:

Assists with supports for elderly (60+) and disabled: Legal Counsel, Medicare counseling, mortgage services, Med Alerts and transportation. Home delivered meals available for residents 60+ who are on a limited income, not on Medicaid and have no one to shop for them. Frozen meals available for pick up or delivery at sites in Saugerties, Rosendale, and Ellenville. 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. Call: (845) 331-0541

**Legal Services of the Hudson Valley:**

Free legal services for financially eligible individuals. Call: (845) 331-9373

**EPIC (Elderly Pharmaceutical Insurance Coverage**

Program): additional drug coverage and premium assistance for seniors (over 65) with Medicare Part D who qualify financially. Call: (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. Call: (845) 338-2980



Edible Independence: Dietician and health department approved meals delivered to your home. The cost \$55/week for 1 frozen meal per day. Call: (845) 331-MEAL

COVID-19 Resources**Food Security:**

For a comprehensive list of local resources, go to:

<https://rupco.org/covid-19-help-emergency-food-in-ulster-county/>

Mental Health & Emotional Support:

New York State COVID-19 Hotline — Call: (844) 863-9314

Ulster County COVID-19 Hotline — Call: (845) 443-8888

COVID-19 updates and information:

Ulster County Updates— Go to: <https://covid19.ulstercountyny.gov>

New York State Dept. of Health information:

NYS Coronavirus Information Hotline: (888) 364-3065

<https://coronavirus.health.ny.gov/home>

COVID-19-CDC Information:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Hudson Valley Region

Cancer Services Program

Your partner for cancer screening, support and information

**FREE Cancer Screening for Uninsured or Underinsured****Breast Cancer Screening:**

Mammogram, Clinical Breast Exam (age 40-64)

Cervical Cancer Screening:

Pap Test, Pelvic Exam (age 40-64)

Colorectal Cancer Screening:

FIT Test (age 50-64)

Call CSP to find out if you are eligible:

(855) 277-4482

Transportation Assistance to Medical Appointments




(advance notice required and availability may be limited due to COVID-19)

- 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**
- Seniors can call **UCAT** at **(845) 340-3333** for a **Para Transit Application** or download the application at: <http://ulstercountyny.gov/ucat/senior-services>
- If unable to take a bus, register with the **Neighbor to Neighbor Program** in advance by calling **(845) 443-8837** on Tues., Wed. or Thurs., 10 a.m.—2 p.m.
- Register with **Jewish Family Services (845) 338-2980** and request a volunteer driver. (Serves Kingston only.)
- If you have active Medicaid, call **(866) 287-0983**
- Call the **American Cancer Society** at **(800) 227-2345**

June 2020

WMC 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	2 Open Dance 4-5pm REMOTE VIDEO	3 What Really Matters? 12:30-2pm REMOTE VIDEO Men's Support Grp. 6-7pm REMOTE VIDEO	4 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	5 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	6
7	8 Tai Chi 10:00-11:00am REMOTE VIDEO Cancer & Finances 2-4 p.m. REMOTE VIDEO	9	10 Loss & Bereavement Group 10-11:30am REMOTE VIDEO	11 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	12 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	13
14 	15 Tai Chi 10:00-11:00am REMOTE VIDEO	16	17 Jin Shin Jyutsu 4:30-6pm REMOTE VIDEO	18 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO Younger Women's Support Group 5:30-7pm REMOTE VIDEO	19 Medical Qigong 8:30-9:45am REMOTE VIDEO Women's Support Grp. 11am-12:30pm REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	20 
21 	22 Tai Chi 10:00-11:00am REMOTE VIDEO Coping Skills: Finding Ease & Inner Balance 11am-12:30pm REMOTE VIDEO	23	24 Ovarian Support Group 7-8:30pm REMOTE VIDEO	25 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	26 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	27
28	29 Tai Chi 10:00-11:00am REMOTE VIDEO	30				

July 2020

WMC 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 What Really Matters? 12:30-2pm REMOTE VIDEO Men's Support Grp. 6-7pm REMOTE VIDEO	2 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	3 CLOSED 	4 
5	6 Tai Chi 10:00-11:00am REMOTE VIDEO	7 Open Dance 4-5pm REMOTE VIDEO	8 Loss & Bereavement Group 10-11:30am REMOTE VIDEO	9 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	10 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	11
12	13 Tai Chi 10:00-11:00am REMOTE VIDEO Cancer & Finances 2-4 p.m. REMOTE VIDEO	14	15	16 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO Younger Women's Support Grp. 5:30-7pm REMOTE VIDEO	17 Medical Qigong 8:30-9:45am REMOTE VIDEO Women's Support Grp. 11am-12:30pm REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	18
19	20 Tai Chi 10:00-11:00am REMOTE VIDEO Coping Skills: Finding Ease & Inner Balance 11am-12:30pm REMOTE VIDEO	21	22	23 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	24 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	25
26	27 Tai Chi 10:00-11:00am REMOTE VIDEO	28	29 Ovarian Support Group 7-8:30pm REMOTE VIDEO	30  Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	31 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	

August 2020

WMC 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
2	3 Tai Chi 10:00-11:00am REMOTE VIDEO	4 Open Dance 4-5pm REMOTE VIDEO	5 Men's Support Grp. 6-7pm REMOTE VIDEO What Really Matters? 12:30-2pm REMOTE VIDEO	6 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	7 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	8
9	10 Tai Chi 10:00-11:00am REMOTE VIDEO Cancer & Finances 2-4 p.m. REMOTE VIDEO	11	12 Loss & Bereavement Group 10-11:30am REMOTE VIDEO	13 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	14 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	15
16	17 Tai Chi 10:00-11:00am REMOTE VIDEO Coping Skills: Finding Ease & Inner Balance 11am-12:30pm REMOTE VIDEO	18	19 	20 Younger Women's Support Grp. 5:30-7pm REMOTE VIDEO Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	21 Medical Qigong 8:30-9:45am REMOTE VIDEO Women's Support Grp. 11am-12:30pm REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	22
23	24 Tai Chi 10:00-11:00am REMOTE VIDEO	25	26 Ovarian Support Group 7-8:30pm REMOTE VIDEO	27 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	28 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	29
30	31 Tai Chi 10:00-11:00am REMOTE VIDEO					

September 2020

WMC 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 Open Dance 4-5pm REMOTE VIDEO	2 What Really Matters? 12:30-2pm REMOTE VIDEO Men's Support Grp. 6-7pm REMOTE VIDEO	3 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	4 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	
6	7  CLOSED		9 Loss & Bereavement Group 10-11:30am REMOTE VIDEO	10 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	11 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	12
13 	14 Tai Chi 10:00-11:00am REMOTE VIDEO Cancer & Finances 2-4 p.m. REMOTE VIDEO		16 Jin Shin Jyutsu 4:30-6pm REMOTE VIDEO	17 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO Younger Women's Support Grp. 5:30-7pm REMOTE VIDEO	18 Medical Qigong 8:30-9:45am REMOTE VIDEO Women's Support Grp. 11am-12:30pm REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	19 HAPPY ROSH HASHANAH 
20	21 Tai Chi 10:00-11:00am REMOTE VIDEO Coping Skills: Finding Ease & Inner Balance 11am-12:30pm REMOTE VIDEO	22 	23	24 Memoir Writing Workshop 3-5:30pm REMOTE VIDEO	25 Medical Qigong 8:30-9:45am REMOTE VIDEO Creative Arts 12:30-2:30pm REMOTE VIDEO Memoir Writing II 2-4pm REMOTE VIDEO	26
27	28  Tai Chi 10:00-11:00am REMOTE VIDEO	29	30 Ovarian Support Group 7-8:30pm REMOTE VIDEO			

**THANK YOU FOR
YOUR SUPPORT.**

**Friends of the
Oncology Support
Program**

Fair Street Reformed Church

**In Memory of Bobbie Bare
Barbara Sarah
Doris Blaha**

We Lovingly Remember:



**Marci Berman
Sarah Boris
Andrea Burch**

**Amy Costa
Barbara Menna
Martha Randall**

**Esther Ratner
Steven Ross
Jean Valentine**



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. Your donations also enable us to provide emergency financial assistance to those in need. 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. Your donation will be acknowledged in the next edition of *Celebrate Life!* You can donate electronically by visiting:

<https://www.foundationupdate.org/donate/oncologysupportprogram/>

Or... 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**

Name: _____ Email: _____

Address: _____

Please make my gift in memory of: _____

Please make my gift in celebration of: _____

Please send acknowledgement to: *Name* _____

Address _____

SPECIAL THANKS TO OUR VOLUNTEERS:

Ann Hutton, Abigail Thomas, Kathy Sheldon, Valerie Linet, Marilyn Fino, Bev Nielsen, Marjorie Berman, Mike Wallace, Tara Ryan, Sharon Alexander, Melissa Eppard, Gloria Vega, Betty Gilpatric, Matt Corsaro, Dr. Kenneth Kircher, Annie LaBarge, Amy Tripi, Dr. Afua Forson, Jenny Lee Fowler, Erica Halwick-Williams, Angel Ortloff, Craig Mawhirt, Debbie Denise, Nicole Wasserman, our Nurturing Neighbors and other fabulous volunteers.

**READER SUBMISSIONS ARE
WELCOME!**

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

Please send to
ellen.marshall@hahv.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:

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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

"Hope and fear cannot occupy the same space.
Invite one to stay."
-- Maya Angelou

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, WMC Health Network

105 Mary's Avenue, Kingston, NY 12401



We are trying to help our planet and go paperless as much as possible.

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:

doris.blaha@hahv.org