



A newsletter for cancer patients,  
their families and friends.

*Celebrate Life!*

Oct/Nov/Dec 2019, Jan 2020

**ONCOLOGY SUPPORT PROGRAM**

*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.*



**CANCER SUPPORT SERVICES**

Individual and Group Support—Healing Arts Classes—Wellness Programs  
Educational Events—Lectures and Discussion Groups—Library of Cancer-related  
Books/Resources—Integrative/Complementary Medicine Workshops

**Oncology Support Program**

Mailing Address: 105 Mary's Ave., Kingston, NY 12401

Location: Herbert H. & Sofia P. Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY

Phone: (845) 339-2071 Fax: (845) 339-2082

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

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



**HealthAlliance**

Westchester Medical Center Health Network

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

**ADVANCING CARE. HERE.**

## Greetings from OSP

This year is OSP's 25th Anniversary and we were delighted to celebrate with many of you at our 20th Annual Cancer Survivors Event this past June. Special thanks to Barbara Sarah, our Founder, for speaking at the event and for making sure that Sofia Reuner was able to attend. It is due to Sofia and her husband's generous donation that we have the Herbert H. and Sofia Reuner Cancer Support House at 80 Mary's Ave.—home to our many support groups, healing arts classes, wellness and educational programs. Sofia just turned 103 and we are so glad she had a chance to meet and share with the amazing people who make up OSP.

We have embarked on an 25th Anniversary Fundraising Campaign so that we can continue to provide innovative programs and emergency financial assistance for the next 25 years! If you are able to donate or know someone who may want support our efforts, please pass along the link: <http://osp-25th-anniversary.everydayhero.do/>

This year marks another reason to take pause and acknowledge the tremendous contribution of the Benedictine Sisters to our hospital and community over so many years. Sister Dorothy will be retiring at the end of 2019. Although she will not be present in our day to day lives to inspire and sustain us, we promise to carry on her legacy of compassion, loving kindness and commitment to our community.

As the months grow colder and the winter sets in, remember that the doors to the Reuner Cancer Support House are open and we are here to greet you with a warm cup of tea and an open heart. We acknowledge that living with cancer, from diagnosis through survivorship, presents many challenges and our staff and volunteers are here to help in any way we can.  
Warmly, OSP Director, *Ellen Marshall MS., LCSW-R, OSW-C*

### ONCOLOGY SUPPORT PROGRAM STAFF

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

**Oncology and Palliative Social Worker:** Elise Lark, PhD, LCSW, OSW-C, ext. 102, [elise.lark@hahv.org](mailto:elise.lark@hahv.org)

**Medical and Palliative Social Worker:** Jennifer Halpern, PhD, LMSW, APHSW-C, ext. 101, [jennifer.halpern@hahv.org](mailto:jennifer.halpern@hahv.org)

**Administrative Assistant:** Doris Blaha, ext. 100, [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)

**Founder:** Barbara Sarah, LCSW



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

### Gratitude to Sister Dorothy



We have been fortunate to have had **Sr. Dorothy** in our lives and will miss her after she retires at the end of this year. The Benedictine Sisters founded the hospital at Mary's Ave. in 1901 and our dear Sister Dorothy leaves behind a legacy of commitment to the well-being of our community. Her motto has always been "*Listen with the Ear of your Heart*" and Sr. Dorothy has done just that. For 22 years she has listened to the hopes and struggles of patients and staff alike. In her loving and accepting way, she has encouraged each and every one she meets to face life with inner strength and hope. We will miss seeing her on the Units, visiting patients as their Chaplain; we will miss her involvement in the Cancer Committee representing Pastoral Care; we will miss stopping by her office, as her door was always open, and taking in the blessing of her unconditional love. Our dear Sr. Dorothy, as you make your way to the Monastery in Elizabeth, N.J. where you will continue your dedicated work with the other Benedictine Sisters who we also love....Sister Mary and Sister Gabrielle... we wish you comfort, peace, perhaps a little rest and most of all...we wish you love. With gratitude, OSP staff.



### Candle-lighting Ceremony at Survivors Event

We thank all who attended our **20th Annual Cancer Survivors Event** in June and celebrated **OSP's 25th Anniversary**. Special gratitude to **Barbara Sarah**, our Fearless Founder and to **Sofia Reuner** whose generosity gave us our home — the **Herbert H. and Sofia P. Reuner Cancer Support House**. We were delighted to see Sofia at our event, giving her the chance to experience, the community that she was part of creating. Thank you both for your vision, generosity and commitment. Happy belated Birthday to Sofia — on Aug. 4, she turned 103 years young.



Barbara and Sofia

# SUPPORT SERVICES AT OSP

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**, facilitated by Jennifer Halpern, PhD, LMSW, APHSW-C.  
3rd Fridays, Oct. 18, Nov. 15, Dec. 20, Jan. 17,  
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

**Linda Young Ovarian Cancer Support Group**, facilitated by Ellen Marshall, LCSW-R, OSW-C.  
Wednesdays, Oct. 23, Nov. 20, Dec. 18, Jan. 22,  
7-8:30 p.m. An informative and supportive setting for women diagnosed with ovarian cancer at any stage. Contact OSP at ext. 103

**Men's Cancer Support Group**, facilitated by Eric Toboika, RN, MSW.  
Wed. Oct. 2, Thursdays, Nov. 7 Dec. 5, Jan. 2,  
5:30-7 p.m. A supportive and confidential setting for men who have been diagnosed with any type of cancer. Contact OSP at ext. 100

**Caregivers' Support Group**, facilitated by Jennifer Halpern, PhD, LMSW, APHSW-C.  
3rd Mondays, Oct 21, Nov 18, Dec. 16, Jan. 20,  
5:30-7 p.m. A supportive and confidential setting to discuss the challenges of caregiving at any stage of disease. Social Worker is also available to meet with caregivers individually. Contact OSP at ext. 101

**Younger Women's Support Group**, facilitated by Elise Lark, PhD, LCSW, OSW-C.  
3rd Thursdays, Oct 17, Nov. 21, Dec. 19, Jan. 16,  
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



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/](http://www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/)



## **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**

**3rd Mondays, Oct. 21, Nov 18, Dec. 16, Jan. 20**

**11:00 a.m.—12:30 p.m.**

Pre-registration is required to attend this group so please call OSP at (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)



## **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.



## **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.



## **Facing Cancer Together— for Couples**

Good communication can help couples manage the challenges that may arise after a cancer diagnosis, maintain intimacy and move forward in the healthiest way possible.

Afua Forson, MD, our OSP volunteer, has offered to meet with members of our community to do short-term couples counseling, focusing on cancer-related concerns. If you are interested in scheduling a visit with Afua, please call OSP at (845) 339-2071.

## New Workshop — “What Really Matters?”

**Wednesdays, Oct. 16, Nov. 20, Dec. 18, 1:30 to 3:30 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](mailto:elise.lark@hahv.org).**



## **FREE Choices & Wishes: Advance Care Planning Workshop**

**Date: Nov. 19, 5:30-7:30 p.m.**

**Reuner Cancer Support House**

**Presenters: Elise Lark, PhD, LCSW, OSW-C and Kristin Swanson, RN, CHPN**

This Advance Care Planning workshop will provide an overview of the **Health Care Proxy, Living Will and MOLST** documents and will help you to define your end-of-life wishes regarding medical treatment. Participants engage in discussions based on reflective questions, review guidelines and considerations for choosing a health care agent and explore and troubleshoot concerns that may be a barrier to completing documents. Lots of Q & A and handouts! Following the workshop, participants can register for additional assistance to complete their documents.

For further information and registration, please contact **Elise Lark at (845) 339-2071 ext. 102** or email [elise.lark@hahv.org](mailto:elise.lark@hahv.org). Please register early as space is limited to 12 participants. You may wish to consider inviting your prospective health care agent. **Light refreshments provided.**

**If you are unable to attend the workshop, you are welcome to make an appointment to meet with an OSP Social Worker to get the support you need to complete any of these documents. Please call OSP at (845) 339-2071.**

## **Bereavement/Grief Counseling**

In order to provide continuity of care, Oncology Support Program Social Workers are available to provide individual bereavement support to our program participants’ caregivers and family members. Additional grief counseling and support groups are offered by **Hospice of the Hudson Valley (845) 338-2273** or **(845) 485-2273** and **Jewish Family Services. (845) 338-2980.**

## **Lunch and Learn:**

### **Navigating the Complexities of MEDICARE**



As we reach the age of Medicare eligibility or when we become disabled and have access to Medicare benefits, we have numerous decisions to make....at times when decision making can be the most challenging!

This workshop will help you understand your options about Medicare enrollment; Original Medicare (Parts A and B); Medicare Prescription Drug Plans (Part D); Medicare Supplementals; Medicare Advantage Plans; EPIC; Part D Extra Help; and the Medicare Savings Program.

**(Medicare Enrollment is between Oct. 15 and Dec. 7...so now is the time to get our questions answered.**

**Facilitated by Robert Meci, HIICAP Coordinator, Ulster County Office for the Aging.**

**Thursday, October 10, 12:00—2:00 p.m. Reuner Cancer Support House**

**To register, please call Oncology Support Program at (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org) (refreshments provided)**



## ***The Linda Young Ovarian Cancer Support Program of OSP***

**is committed to supporting women diagnosed with Ovarian Cancer and 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 at (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.**

### **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](http://foundationforwomenscancer.org)**



### ***Linda's Healing Garden***

**created through generous donations to the Linda Young Ovarian Cancer Support Program**

### **SHARE – Self-help for women facing breast or ovarian cancer**

**[www.sharecancersupport.org](http://www.sharecancersupport.org) Toll-free hotline: Call (866) 891-2392**

### **SUPPORT CONNECTION – [www.supportconnection.org](http://www.supportconnection.org)**

**Offers an ovarian cancer national toll-free phone support group. Call (800) 532-4290**



### **ONLINE SUPPORT PLATFORMS**

Facing a cancer diagnosis can be quite overwhelming – coping with emotions and physical needs, keeping track of appointments and finances and informing family and friends of your health status. Thankfully, organizations such as **Lotsa Helping Hands** and **Caring Bridge** offer web-based services that provide patients and caregivers create their own personal websites to help simplify those challenges through an organized format.

How does it work? Upon registering online, the patient and/or caregiver creates a personal webpage to create a community of family, friends and volunteers who can participate. For those who are task oriented, **LotsaHelp.com** opens the personal website with a monthly calendar so that helpers can respond to specific requests for assistance. For those whose focus is more on receiving emotional support, **CaringBridge.org** opens the personal website with a journal/blogging prompt, encouraging visiting readers to respond with uplifting comments.

Both online organizations allow the patient and/or caregiver to create and customize their own activity planners, help calendars, support links including social media and fundraising, message updates, journals and blogs, well-wishing guest books and peer support. These 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. See for yourself how **LotsaHelp.com** and **CaringBridge.org** can help you or your loved one. (Written by Gloria Vega, OSP Volunteer)

### **NURTURING NEIGHBORHOOD NETWORK**

***Are you facing a  
cancer diagnosis?***

***Would you benefit from one  
-on-one support from some-  
one 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 the

**Oncology Support Program at  
(845) 339-2071 or email:  
[oncology.support@hahv.org](mailto:oncology.support@hahv.org)**

## Exercise Classes

\$8 suggested donation.  
Sliding scale as needed.

For more information or to register for any exercise class, please call (845) 339-2071 ext. 100 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

### Tai Chi

**Mondays, 10:30-11:30 a.m.**

**Kingston Library, Franklin Street**

Learn Long Form Yang Style Tai Chi, 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.

### Gentle Yoga

**Wednesdays, 12:00-1:15 p.m.**

**Kingston Library, Franklin Street**

A Kripalu-style gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing. Classes taught by certified yoga instructor **Marianne Niefeld**.

### SmartBells® & HEART® Class

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

**ASB Auditorium or Reuner Cancer Support House (with notice)**

Exercise for health, relaxation and fun! **Smartbells®** uses revolutionary sculptured weights to increase flexibility, strength & balance with gentle movement. **HEART®** is a beautiful aerodynamic mind-body tool designed to enhance flowing circular and orbital movements in all planes of motion. Working with **HEART®** engages the body in a fun and joyful manner, and allows the mind to relax and be present. Classes taught by **Angel Ortloff, LMT**, licensed massage therapist, Shiatsu specialist and certified Smartbells® instructor.



**FREE: "MOVING FOR LIFE"**  
**DanceExercise for Health®**  
**An Exercise Program for Cancer Recovery**

Classes combine aerobic dance, strengthening and flexibility exercises, music and somatic movement and are personalized to meet the needs of participants. Movements can be done seated or standing and are safe and accessible to women at all phases of cancer treatment. The program prioritizes women with breast cancer and breast cancer survivors, but is open to the entire community. The Program was developed by exercise physiologist Dr. Martha Eddy and is offered free to people with breast cancer due to support from New York State Dept. of Community-Based Support and Wellness Program.

**1st and 3rd Saturdays 10:00-11:00 a.m.**

**ASB Auditorium or Reuner Cancer Support House (with notice)**

**Fridays, 10-11:00 a.m. Kingston Library**

**Facilitated by Certified MLF Instructors Florence Poulain or Dana Davison**

### Monthly Medical Qigong

**with Betty Gilpatric, Certified EBQT Instructor**

Learn simple yet powerful techniques based on traditional Chinese healing practices to improve your health and sense of well-being. EBQT or Evidence-base Qigong and Taiji is a program developed by Dr. Yan Yang PhD, who is currently a researcher and instructor at Memorial Sloan Kettering. If you can't make it to class or want to practice on your own, go to Betty's



**Youtube videos: Warm Ups <https://youtu.be/FhmcPM0U9e0>**

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

**Wednesdays, 10/23, 11/20, 12/11, 1/22, 5-6:00 p.m.**

**Reuner Cancer Support House \$8 suggested donation. Sliding scale as needed.**

**Free Membership at Fitness Centers for Cancer Patients**  
(requires MD clearance)

**Mike Arteaga (3 month free trial) Call: (845) 452-5050**

**YMCA of Kingston (1 month free trial) Call: (845) 338-3810**

**Health  
Care  
is a  
Human  
Right**

**HEALTH CARE IS A HUMAN RIGHT (HCHR)**

is a 501(c)3 not-for-profit charitable corporation that provides free holistic wellness walk-in clinics in Woodstock, Phoenicia and Kingston.

**Kingston Location:** The Lace Mill, 165 Cornell Street, Kingston 12401

**2nd Thursday of every month.**

For information, call (845) 750-8159 or go to:

**<http://www.healthcareisahumanright.com/clinics/>**

### THE RONDOUT VALLEY HOLISTIC HEALTH COMMUNITY

(RVHHC, Inc.) is a 501(c)3 not-for-profit, charitable corporation that offers free holistic wellness services at the Marbletown Community Center in Stone Ridge.

**3rd Tuesday of every month.**

**4-8:00 p.m. (sign in at 3:00 p.m.)**

For information, call (845) 867-7008 or go to:

**<http://www.rvhhc.org/>**



# Miso Happy Cooking Club with Kathy Sheldon



Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practices. The principles of plant-based eating are utilized in the program. Classes include recipe handouts, tastings, socializing and fun. Advance registration is requested via email to: [kathy.sheldon@gmail.com](mailto:kathy.sheldon@gmail.com) or to [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org). Suggested class donation \$8-\$10. Reuner Cancer Support House Kitchen.

## Cooking for Cancer Prevention and Recovery

**Tuesday, October 29 at 10:30 a.m.**

The last in this series, a cooking class, Bettina Zumdick will discuss foods to include and what to avoid in a cancer recovery diet, plus a few helpful remedies, along with lifestyle suggestions.

Samples of dishes prepared will be offered.

Bettina Zumdick is a teacher, counselor, humanitarian and author who has integrated modern knowledge of the West with the ancient wisdom of the East. With a strong background in Food Science and Nutrition from Wilhelms University in Munster, Germany, she has shared her knowledge of food as medicine for over 30 years. She is a co-director of Planetary Health, an educational not-for-profit organization, which offers weekend retreats and an annual conference. [www.culinarymedicineschool.com](http://www.culinarymedicineschool.com)

**\*No class in November**

## A Thankful Holiday Gathering and Potluck

**Tuesday, December 3 at 11:30 a.m. - 1:45 p.m.**

Come share your favorite holiday dish at this celebratory gathering. Potluck and recycled gift exchange will follow our joyful expression of the season. Details to follow.

**Happy 2020: Winter break: \*No classes January and February, 2020**

### Spilt pea and cauliflower soup w curry

#### Ingredients:

Oil (Avocado, coconut or olive)  
 2 cloves fresh garlic, peeled, crushed, minced  
 ½ yellow onion, diced  
 1 teaspoon curry powder  
 Sea salt  
 2 cups cauliflower florets  
 1 cup yellow or green split peas, rinsed well  
 4 cups spring or filtered water  
 2 teaspoons white miso  
 2-3 sprigs fresh flat leaf parsley, minced

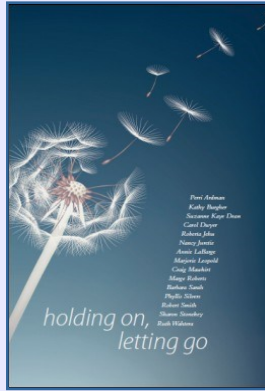


Place a small amount of oil, garlic and onion in a soup pot over medium heat. When the onion begins to sizzle, add a spare pinch of salt and curry powder and sauté until onions are translucent, about 2 minutes. Add cauliflower and sauté until shiny with oil. Add peas and water and bring to a boil. Reduce heat to low, cover and cook until the peas are quite soft, 45 minutes to 1 hour. Remove a small amount of broth and dissolve miso. Return to the pot and using a hand-blender or food processor, puree soup until smooth. Return to the stove to warm through and serve garnished with fresh parsley. (Optional: top with roasted pumpkin seeds or pine nuts)



**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.



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

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

**Friday Memoir Group** facilitated by **Ann Hutton, 2:00-4:00 p.m.**  
**Reuner Cancer Support House**

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

We have been so fortunate that **Abigail Thomas** (left) and **Ann Hutton** (right) have been facilitating our weekly writing groups for 8 and 5 years, respectively. Our appreciation for their ongoing encouragement, loving presence, talent and commitment is boundless! THANK YOU!!!



*falling into open arms of  
compassion  
softly liltin in the breeze of  
uncertainty  
i receive your gracious, generous  
holding  
as great mountains loom large and  
disaster strikes  
you are not alone  
you sing  
gently to frightened  
tears  
massaging an overwhelmed mind  
barely grasping  
the enormity of  
it all  
a sigh finally  
escapes  
from my relentlessly pounding  
heart  
whispering  
thank you  
for meeting me in this dark  
crevice of pain  
and nurturing my broken  
soul  
with your clear eyes and overflowing  
love  
so that i never have to  
travel by myself  
on this treacherous  
journey  
and know  
that a welcoming circle of  
wisdom  
awaits each one of us  
as we take our place among sisters  
offering and receiving  
the very precious gift of  
Life*

Written by Mare Ellen Berman



**HEALING ARTS WORKSHOP**

Making art can help you express yourself, relax, connect with others, reduce stress and simply feel better!



Join our **weekly drop-in group** facilitated by volunteer artists & art educators, **Marilyn Fino & Bev Nielsen**, along with **guest artists**. Try **collage, fiber arts, painting, clay work, jewelry making** and more.

Bring your own ideas to share. No art experience necessary.

**Fridays, 12:30-2:00 p.m. Reuner Cancer Support House**

**SPECIAL PROGRAMS:**

**Stamps & Stencils** with **Sharon Alexander**

Learn special techniques to create images inspired by nature and design original holiday cards.

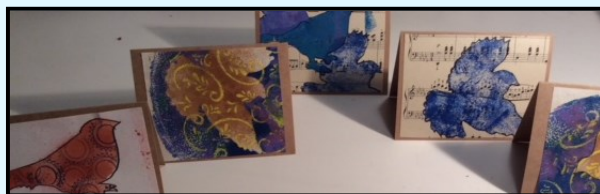


**Fall Foliage  
Silhouettes**

**Friday October 25,  
11:00 a.m.-12:30 p.m.**

**Unique Stenciled  
Greeting Cards**

**Friday, November 22,  
11:00 a.m.-12:30 p.m.**



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

*Sharon Alexander holds a B.F.A. in Fine Arts and has been offering Healing Arts Workshops in our community for the past 8 years.*





## Need help with transportation to treatment or medical appointments?

(advance notice required and availability may be limited)

- Seniors **60** or older: Free bus twice weekly to medical appts. 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 Service** **(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**
- Angel Wheels to Healing** **(800) 768-0238** provides non-emergency, long-distance ground transportation to qualifying patients who are traveling for treatment.  
Online application: <http://www.angelwheels.org>

## Cancer & Finances?

Diagnosed with cancer and wondering how to pay for treatment related expenses?

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

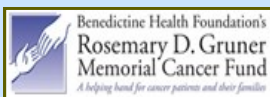
Join us for an informational session with:

**Debbie Denise, Benefits Advisor of Resource Center for Accessible Living**

**2nd Wednesdays,  
Oct. 9, Nov. 13, Dec. 11 &  
Jan. 8, 2:00-4:00 p.m.**

Reuner Cancer Support House  
Please call to register at **(845) 339-2071**

## Local Financial Assistance



**The Rosemary Gruner Fund:** \$500 Hannaford 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:** Financial assistance to eligible women in active treatment for breast cancer. Ulster — call *Family* at **(845) 331-7080**, ask for Carol Sisco.

Dutchess — call Community Action **(845) 452-5104**, ask for Yvonne at ext. 130

## Local Community Resources:

### Office for the Aging/ NY Connects:

Assists with supports for elderly (60+) and disabled: Legal Counsel, Medicare Counseling, Home Care Services, Home Delivered Meals, Med Alerts, Transportation. Call: **(845) 340-3456** (Office for Aging) or **(845) 334-5307** (NY Connects)



### 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. Free Walk-in Clinic at the Everett Hodge Center every Thursday 9:30 a.m. to 1 p.m. 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**

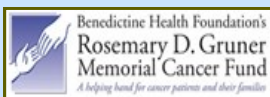


### Jewish Family Services of Ulster:

In-home, non-sectarian supportive mental health counseling. Caregiver support. Call: **(845) 338-2980**



## Local Financial Assistance



**The Rosemary Gruner Fund:** \$500 Hannaford 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:** Financial assistance to eligible women in active treatment for breast cancer. Ulster — call *Family* at **(845) 331-7080**, ask for Carol Sisco.

Dutchess — call Community Action **(845) 452-5104**, ask for Yvonne at ext. 130

**CANCER SCREENING  
CAN Save YOUR LIFE**



**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 find out if you are eligible: **(855) 277-4482**

Hudson Valley Region  
**Cancer Services Program**  
Your partner for cancer screening, support and information





## Integrative Approaches to Cancer

### —A Support and Educational Group

**Location: Reuner Cancer Support House**

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

OSP invites members of the community interested in integrative approaches to cancer care to share resources and experiences; to identify topics of interest and to LEARN, together. Speakers on select topics have been invited to deepen members' understanding of specific integrative modalities. **What do YOU want to learn more about?**

Join the group and give us your input regarding future programming.

The information presented is for educational purposes only and is not intended to be used as medical advice. Please make sure your cancer related treatment team is consulted about integrative modalities.

Group is facilitated by **Ellen Marshall, MS, OSW-C**, Director of OSP, Oncology Social Worker with a Masters Degree in Nutrition/Public Health and **Tara Ryan** who was diagnosed with Metastatic Melanoma and has experienced traditional treatments, immunotherapy and integrative approaches since her diagnosis in 2015.

### **Holistic Medicine for Cancer Care with Nancy Eos, MD, MD(H)**

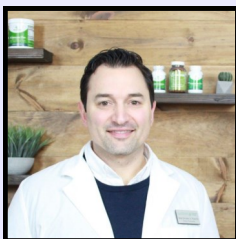


**Tuesday, October 22, 4:30—6:30 p.m., Reuner Cancer Support House**

Dr. Nancy Eos is a medical doctor, homeopath and student of Anthroposophical Medicine. Her office is located between Kingston and Stone Ridge on US Route 209. She studied and then was on staff at the University of Michigan Medical School and was an emergency doctor & family physician for 25 years. She became licensed in Homeopathy in 1991 in Arizona while a U.S. Commissioned Officer in the Indian Health Service. She is still involved with emergency medicine as an EMT and medical director with NYS DOH. Dr. Eos volunteers at the

Holistic Health Community free clinic the 3rd Tuesday of each month at the Marbletown Community Center. Nancy will share her integrative approach to working with people diagnosed with cancer. For more information, go to: [www.DrNancyEos.com](http://www.DrNancyEos.com) or [www.RVHHC.org](http://www.RVHHC.org).

### **Holistic Pharmacy with Neal Smoller, PharmD**



**Tuesday, November 12th 4:30-6:30 p.m., Reuner Cancer Support House**

Dr. Neal Smoller, PharmD, is owner of the Village Apothecary in Woodstock, NY, founder of Woodstock Vitamins and host of The Big Mouth Pharmacist Podcast. Neal is a holistic pharmacist trying to raise the bar on the natural products industry, selling products only that meet or exceed his evidence-based Vitality Approved standards for best-in-class supplements, while educating consumers on myths and misinformation in the natural products space. Neal will discuss the supplements and remedies that are safe and effective for cancer patients to help with cancer-related side effects such as peripheral neuropathy, chemo brain and fatigue. For more information about Dr. Smoller and Village Apothecary, go to: <http://villageapothecaryrx.com>.

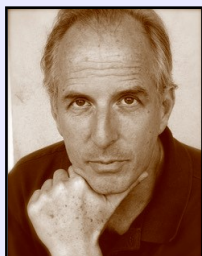
### **Immunotherapy from a Patient's Perspective with Tara Ryan, Immunotherapy Advocate & Cancer Hope Coach.**



**Tuesday, December 10, 4:30-6:30 p.m., Reuner Cancer Support House**

Tara was one of three patients selected to speak at the Immunotherapy Patient Summit at NYU Langone's Cancer Center this past September. After her melanoma diagnosis in 2015, Tara was diagnosed with 13 tumors and 12 metastases and underwent multiple surgeries and gamma knife radiation. In addition to using traditional and integrative approaches, she began immunotherapy in Nov. 2016 and as of July 2019, there is no current evidence of tumors. During this group, we will play the video of the Immunotherapy Patient Summit and learn more about Immunotherapy from the patient's perspective.

### **Integrative Healing Through Touch and Movement with Physical Therapists Roy Capellaro, PT & Zahava Wilson, PT.**



**Tuesday January 7, 4:30-6:30 p.m., Reuner Cancer Support House**

Form and movement, structure and energy are perceived as separate. They are really partners in a continuum. Roy and Zahava will share how we can work with the more subtle body systems to facilitate energy flow, improve functioning of the nervous system and promote healing. Zahava and Roy are both practicing physical therapists in the Hudson Valley. For more information about their work, go to [zahavawilson.com](http://zahavawilson.com) & [roycapellaro.com](http://roycapellaro.com)

# October 2019

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 Gentle Yoga 12-1:15pm Kingston Library  Men's Support Grp. 5:30-7pm – CSH	3 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	4 Moving for Life 10-11am Kingston Library  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	5 Moving for Life 10-11am ASB Auditorium
6	7 Tai Chi 10:30-11:30am Kingston Library	8	9 Gentle Yoga 12-1:15pm Kingston Library  Cancer & Finances 2-4pm – CSH	10 Smartbells® 9:30-10:45am ASB, Auditorium  Lunch & Learn: MEDICARE 12-2pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	11 Moving for Life 10-11am Kingston Library  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	12
13	14 <b>Columbus Day</b>  Tai Chi 10:30-11:30am Kingston Library	15	16 Gentle Yoga 12-1:15pm Kingston Library  What Really Matters? 1:30-3:30pm – CSH	17 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Group 5:30-7pm – CSH	18 Moving for Life 10-11am Kingston Library  Women's Support Grp. 11am-12:30pm – CSH  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	19 Moving for Life 10-11am ASB Auditorium
20	21 Tai Chi 10:30-11:30am Kingston Library  Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH  Caregivers Support Grp. 5:30-7pm – CSH	22 Integrative Support Group "Holistic Medicine for Cancer Care" 4:30-6:30pm – CSH	23 Gentle Yoga 12-1:15pm Kingston Library  Medical Qigong 5-6pm – CSH  Ovarian Support Group 7-8:30pm – CSH	24 Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	25 Moving for Life 10-11am Kingston Library  Creative Arts "SPECIAL PROGRAM: Fall Foliage Silhouettes" 11:00am-12:30pm – CSH  Memoir Writing II 2-4pm – CSH	26
27	28 Tai Chi 10:30-11:30am Kingston Library	29 Miso Happy Cooking Club "Cooking for Prevention & Recovery" 10:30am-1pm CSH Kitchen	30 Gentle Yoga 12-1:15pm Kingston Library	31   Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH		

# November 2019

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
					<b>1</b> Moving for Life 10-11am Kingston Library  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	<b>2</b> Moving for Life 10-11am ASB Auditorium
<b>3 Daylight Saving Time Ends</b>  	<b>4</b> Tai Chi, 10:30-11:30am Kingston Library	<b>5</b>	<b>6</b> Gentle Yoga 12-1:15pm Kingston Library	<b>7</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm – CSH	<b>8</b> Moving for Life 10-11am Kingston Library  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	<b>9</b>
<b>10</b>	<b>11 Veteran's Day</b>  Tai Chi, 10:30-11:30am Kingston Library	<b>12</b> Integrative Support Group "Holistic Pharmacy" 4:30-6:30pm – CSH	<b>13</b> Gentle Yoga 12-1:15pm Kingston Library  Cancer & Finances 2-4pm – CSH	<b>14</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>15</b> Moving for Life 10-11am Kingston Library  Women's Support Grp. 11am-12:30pm CSH  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	<b>16</b> Moving for Life 10-11am ASB Auditorium
<b>17</b>	<b>18</b> Tai Chi, 10:30-11:30am Kingston Library  Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH  Caregivers Support Grp. 5:30-7pm – CSH	<b>19</b> Advance Care Planning Workshop 5:30-7:30pm – CSH	<b>20</b> Gentle Yoga 12-1:15pm Kingston Library  What Really Matters? 1:30-3:30pm – CSH  Medical Qigong 5-6pm – CSH  Ovarian Support Group 7-8:30pm – CSH	<b>21</b> Smartbells® 9:30-10:45am ASB, Auditorium  Younger Women's Support Grp. 5:30-7pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>22</b> Moving for Life 10-11am Kingston Library  Creative Arts "SPECIAL PROGRAM: Unique Stenciled Greeting Cards" 11:00am-12:30pm – CSH  Memoir Writing II 2-4pm – CSH	<b>23</b>
<b>24</b>	<b>25</b> Tai Chi, 10:30-11:30am Kingston Library	<b>26</b>	<b>27</b> Gentle Yoga 12-1:15pm Kingston Library	<b>28 Thanksgiving Day</b>    <b>CLOSED</b>	<b>29</b>	<b>30</b>

# December 2019

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	<b>2</b> Tai Chi, 10:30-11:30am Kingston Library	<b>3</b> Miso Happy Cooking "A Thankful Holiday Gathering & Potluck" 11:30am-1:45pm CSH Kitchen	<b>4</b> Gentle Yoga 12-1:15pm Kingston Library	<b>5</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp 5:30-7pm – CSH	<b>6</b> Moving for Life 10-11am Kingston Library  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH  Annual Holiday Celebration 5:30-7:30pm ASB, Auditorium	<b>7</b> Moving for Life 10-11am ASB Auditorium
8	<b>9</b> Tai Chi, 10:30-11:30am Kingston Library	<b>10</b> Integrative Support Group "Immunotherapy from a Patient Perspective" 4:30-6:30pm – CSH	<b>11</b> Gentle Yoga 12-1:15pm Kingston Library  Cancer & Finances 2-4pm – CSH  Medical Qigong 5-6pm – CSH	<b>12</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>13</b> Moving for Life 10-11am Kingston Library  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	14
15	<b>16</b> Tai Chi, 10:30-11:30am Kingston Library  Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH  Caregivers Support Grp. 5:30-7pm – CSH	<b>17</b>	<b>18</b> Gentle Yoga 12-1:15pm Kingston Library  What Really Matters? 1:30-3:30pm – CSH  Ovarian Support Group 7-8:30pm – CSH	<b>19</b> Smartbells® 9:30-10:45am ASB, Auditorium  Younger Women's Support Grp. 5:30-7pm – CSH  Memoir Writing Workshop 3-5:30pm – CSH	<b>20</b> Moving for Life 10-11am Kingston Library  Women's Support Grp. 11am-12:30pm CSH  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	<b>21</b> <b>Solstice</b>  Moving for Life 10-11am ASB Auditorium
22	<b>23 Hanukkah</b> 	<b>24</b> 	<b>25</b>  <b>CLOSED</b>	<b>26</b>	<b>27</b>	<b>28</b>
29	<b>30</b>	<b>31</b> 				

# January 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
			<b>1</b>  <b>CLOSED</b>	<b>2</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Men's Support Grp. 5:30-7pm –CSH	<b>3</b> Moving for Life 10-11am Kingston Library  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	<b>4</b> Moving for Life 10-11am ASB Auditorium
5	<b>6</b> Tai Chi, 10:30-11:30am Kingston Library	<b>7</b> Integrative Support Group "Healing Through Touch & Movement" 4:30-6:30pm – CSH	<b>8</b> Gentle Yoga 12-1:15pm Kingston Library  Cancer & Finances 2-4pm – CSH	<b>9</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>10</b> Moving for Life 10-11am Kingston Library  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	11
12	<b>13</b> Tai Chi, 10:30-11:30am Kingston Library	14	<b>15</b> Gentle Yoga 12-1:15pm Kingston Library	<b>16</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH  Younger Women's Support Grp. 5:30-7pm – CSH	<b>17</b> Moving for Life 10-11am Kingston Library  Women's Support Grp. 11am-12:30pm CSH  Creative Arts 12:30-2:30pm – CSH  Memoir Writing II 2-4pm – CSH	18
19	<b>20</b>   Tai Chi, 10:30-11:30am Kingston Library  Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH  Caregivers Support Grp. 5:30-7pm – CSH	21	<b>22</b> Gentle Yoga 12-1:15pm Kingston Library  Medical Qigong 5-6pm – CSH  Ovarian Support Group 7-8:30pm – CSH	<b>23</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>24</b> Moving for Life 10-11am Kingston Library  Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	25
26	<b>27</b> Tai Chi, 10:30-11:30am Kingston Library	28	<b>29</b> Gentle Yoga 12-1:15pm Kingston Library	<b>30</b> Smartbells® 9:30-10:45am ASB, Auditorium  Memoir Writing Workshop 3-5:30pm – CSH	<b>31</b> Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH  Memoir Writing II 2-4pm – CSH	

Please join us for our  
**Annual Holiday Celebration**  
**Friday, December 6**

from **5:30-7:30 p.m.**

Location: ASB Auditorium, Mary's Ave. Campus,  
 HealthAlliance Hospital

**Delicious DINNER** provided by **OSP**  
 Please bring a healthy  
**appetizer or dessert to share.**  
 (Homemade or Store bought)

Join us for a  
**Holiday**  
**Swing Dance**  
**Party**  
 Lesson by  
**Got2Lindy**



**Family and special friends**  
**are welcome!**

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

**Please call 845-339-2071 ext. 100 or**  
**email: [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)**

*We Lovingly Remember:*



- |                    |                       |
|--------------------|-----------------------|
| Paul Allen         | Susan LaLima          |
| Alice Bell         | Rebekah Myers-Aronson |
| Fred Bechtold      | Joan D. Ryan          |
| Joan Bechtold      | James Reuss           |
| John Bowman        | Charlotte Sperl       |
| Arlene Christofora | Tom Tuthill           |
| Raymond Colban     | Carla White           |
| Bartley Foley      | Joseph Whiteside      |
| Oksana Hitchcock   |                       |
| Richard Joy Jr.    |                       |

**THANK YOU FOR YOUR**  
**GENEROUS SUPPORT**

Donations

In Honor of Al Konigsberg  
 George Basten of Ultimate Fundraising

Nekos-Dedricks Pharmacy  
 Debbie Barton

Special Thanks to our Volunteers:

Ann Hutton, Abigail Thomas, Kathy Sheldon, Debbie Denise, Marilyn Fino, Bev Nielsen, Craig Mawhirt, Tara Ryan, Glenn Grubard, Melissa Eppard, Gloria Vega, Betty Gilpatric, Kristin Swanson, Jean Wolfersteig, Dr. Marc Grossman, Rob Kilpert, Mare Berman, Jenny Lee Fowler, Ujjala Schwartz, Barbara Sarah, Fred Marshall, Florence Poulain, Dana Davison, Valerie Linet, Angel Ortloff, Annie LaBarge, our Nurturing Neighbors and other fabulous volunteers.

**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 \_\_\_\_\_

**READER SUBMISSIONS ARE WELCOME!**

We invite you to submit writings which may be included in our newsletter. Please submit to [ellen.marshall@hahv.org](mailto: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:**  
**Writer and Editor:**  
 Ellen Marshall  
**Graphic Designer:**  
 Doris Blaha  
**Proofreader:**  
 Jennifer Halpern



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

Located at:  
Herbert H. & Sofia R. Reuner Cancer Support House  
80 Mary's Avenue, Kingston, NY

Please join OSP's  
25th Anniversary Fundraising Campaign.  
Help us continue our programs for the next 25!

Go to: <http://osp-25th-anniversary.everydayhero.do/>

#### SUBSCRIPTION INFORMATION

To be on our mailing list please call:  
**845-339-2071** or email: [doris.blaha@hahv.org](mailto: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](mailto:doris.blaha@hahv.org)