



A newsletter for cancer patients,
their families and friends.

Celebrate Life!

Feb/Mar/Apr/May 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

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



HealthAlliance

Westchester Medical Center Health Network

hahv.org

ADVANCING CARE. HERE.

Greetings from OSP

The Oncology Support Program is here for you and for those who care for you, whether you were recently diagnosed or have been dealing with cancer for some time. We are your source for connection, information and support.

You are welcome to meet with one of our oncology or palliative social workers or to share your experiences in a supportive group setting. We can link you to community and financial resources to help address the many challenges brought on by a cancer diagnosis. Our informative educational programs help empower you as you learn ways to improve your health and well-being from diagnosis into survivorship. Through our healing arts programs (art, writing, and music) you can develop new ways to express yourself and find relaxation and connection with others. Our exercise and wellness classes, led by individuals who are responsive to your needs, can help you keep moving or resume an active lifestyle.

This was our 25th Anniversary and we thank all who donated to the Oncology Support Program during the special fundraising effort. Your donations and ongoing support help us to offer innovative programming and financial assistance to those affected by cancer. We look forward to continuing that support into the future. We invite you to take a look at the programs we are offering during the next few months. Don't hesitate to stop by the Support House at 80 Mary's Ave. or give OSP a call at (845) 339-2071.

Sincerely, Ellen Marshall MS, LCSW-R, OSW-C, Director of OSP

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



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



Linda's Healing Garden

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.

Additional Support:

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

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, Feb. 21, Mar. 20, Apr. 17, May 15, 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, Feb. 26, Mar. 25, Apr. 29, May 27, 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 Tobioka, RN, LMSW.
1st Wednesdays, Feb. 5, Mar. 4, Apr. 1, May 6, 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

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. 101

Younger Women's Support Group, facilitated by Elise Lark, PhD, LCSW, OSW-C.
3rd Thursdays, Feb. 20, Mar. 19, Apr. 16, May 21, 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/

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,
Feb. 10, Mar. 9, Apr. 13, May 11,
2:00-4:00 p.m.**

Reuner Cancer Support House

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



KID/TEEN/FAMILY Connection

Creative Arts Group for Teens Dealing with Cancer in the Family

facilitated by Sharon Alexander and Ellen Marshall

Having a parent or loved one with cancer can be challenging! You may feel upset, confused and alone.

This group is a chance to express yourself through guided art projects and connect with others who get it!

If you are a teen or know someone who may be interested in this group, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org

Mar. 16, Apr. 15 & May 11, 4:30-6:00 p.m.
Pizza served! Reuner Cancer Support House

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 the **Oncology Support Program at (845) 339-2071**

New Workshop — “*What Really Matters?*”

1st Wed., Feb. 5, Mar. 4, Apr. 1, May 6, 12:30 to 2:30 pm.
Facilitated by Elise Lark, PhD, LCSW, OSW-C & Afua Forson, MD

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.



FREE Choices & Wishes: Advance Care Planning Workshop

Date: Thurs., Apr. 2, 5:30-7:30 p.m. Reuner Cancer Support House

Presenters: Elise Lark, PhD, LCSW, OSW-C and Brenda Relyea, R.N., B.S.N, Advance Care Planning Facilitator

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.

For further information and registration, please contact **Elise Lark at (845) 339-2071 ext. 102** or email 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.

Loss and Bereavement Group with Marjorie Berman

**Weds., Feb 12, Mar. 11, Apr. 8, May 13,
 10-11:30 a.m. Reuner Cancer Support House**

Grief can be many-layered. You may have experienced the death of a parent, a partner, a child, or a friend from illness. You may have been a caregiver with all the challenges this role brings. Past losses may also 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



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.

A LIFE WITH CANCER BY MIKE WALLACE

(Fifteen years ago I wrote an essay for the newsletter about my first year living with lymphoma (Jan/Feb 2005). What follows is a reflection of my life as a cancer survivor since that time.)

Through my 50's I had the good fortune of living a life relatively free of health concerns. Then, in 2003 just before my 60th birthday, I was diagnosed with a form of Non-Hodgkin's Lymphoma. Initially, I was shocked, then afraid of what the future held. I had entered the medical world of oncology with an uncertainty of the process and the results that would unfold.

Fortunately, to get through the first couple of years after my diagnosis, I had a strong support network thanks to my devoted care-giving wife and family, faithful friends, concerned colleagues and the Oncology Support Program of HealthAlliance Hospital. In addition, I had excellent healthcare professionals who made a thorough diagnosis of my specific type of lymphoma and recommended a tailored, effective treatment plan.

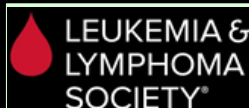
I knew from the point of my diagnosis that my type of lymphoma was a slow growing disease but not yet curable. At times, dealing with this reality has been both challenging and rewarding. Most days I feel, "well enough," if not perfect, to go about my life reasonably sanely. When I do feel ill or tired, I rest. If that feeling lasts, or I am suspicious about a new "Symptom," I contact my medical team for a consultation. Communication has been a key to maintaining my well-being this past decade and a half.

One big challenge has been keeping my anxiety in check. Most notably, I become anxious as each check-up approaches. What will the CAT scan show? Is my blood work normal? Are my fears a paranoia or recognition that I may have a relapse or develop a secondary cancer? To address some of my anxiety I've worked with therapists; meditated; taken Lorazepam; exercised; kept busy with projects of interest; talked with my wife, family and friends; participated in cancer support groups; talked to other cancer survivors individually; read; watched old movies or TV series like *Colombo*; gone on trips; attended religious services; gotten pedicures and massages ... I've learned that no one solution is the answer and that I don't need to feel obligated to do anything which isn't helpful.

Decision making in my life with cancer, makes certain questions more pressing. What are the best foods to eat? How much exercise is optimal? With my compromised immune system: where can I sit in a theater so no one will cough on me; can I shake hands with people; do I need to wear gloves in the supermarket; do I call my doctor about a slight physical change I notice; am I being overly hyper-vigilant or just prudently cautious?

One wonderful reward of having cancer is the focus it brings to life. Each day is a gift; each interaction precious; each nature walk a blessing; each person I can smile with sublime; the love of others more tangible. My care, concern and love for those I encounter is life sustaining. My gratitude for all the good I experience is deeper.

Pondering the road ahead I see it with a veteran's knowledge not a rookie's naïveté. I know of challenges and rewards and of ways to cope and celebrate life. Fear raises its head still but I try to keep it in check. More often I feel joy, which I embrace. — *Mike Wallace*



Leukemia & Lymphoma Society Online Chats. Free, live sessions moderated by oncology social workers 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® 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.cancercare.org/support_groups or call (800) 813-4673

ESTATE PLANNING WORKSHOP WITH ATTORNEY ERICA HALWICK-WILLIAMS, ESQ

Erica Halwick-Williams is a local attorney and owner of Halwick Law, LLC, a law practice focused on the areas of estate planning, elder law and asset protection. Erica worked at the Law Office of Kathleen H. Dittus for the last ten years and recently took over the practice when her friend and mentor, Kathleen, retired at the end of 2019.

At this workshop Erica will discuss estate planning, techniques and tools to avoid the probate process, funding the cost of care using Medicaid and how to protect your assets to leave a legacy for your loved ones.

Tues., Apr. 7, 3:00-4:30 p.m. Reuner Cancer Support House
To register, please call (845) 339-2071 or email 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

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.



Calming the Stress Response—a special Moving for Life Workshop

facilitated by **Dana Davison**, Dynamic Embodiment Practitioner (DEP) and Moving for Life Certified Instructor (MFLCI).

Learn to identify where stress is held in your body. Experience breath work, meditation and subtle movement activities that you can do at home.

Moving for Life is a scientifically-based self-care fitness program using gentle warm-ups and targeted strengthening in a way that is safe, fun and enjoyable for all.

Workouts can be done seated or standing and are tailored to your ability.

FOR MORE INFO, go to: WWW.MOVINGFORLIFE.ORG

Fri., Feb. 21st, 10-11:00 a.m. Reuner Cancer Support House

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

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-based Qigong and Taiji is a program developed

by Yang 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>

Weds., Feb. 12, Mar. 11, Apr. 1, May 13, 3-4:00 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



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 Mon., Feb. 17, Mar. 16, Apr. 20, May 18,
11:00 a.m.—12:30 p.m. Reuner Cancer Support House**

Pre-registration is required to attend this group so please call OSP at **(845) 339-2071** or email: oncology.support@hahv.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 or to doris.blaha@hahv.org. Suggested class donation \$8-\$10. Reuner Cancer Support House Kitchen.

Winter break: NO CLASSES

February and March, 2020 (Pop-up class may occur in April — stay tuned for more info.)

Understanding your Bones, A lecture with Bettina Zumdick

Tues., May 5, 10:30 a.m.

Bettina will discuss bone physiology, including how bones break down and rebuild, foods that create strong bones and those that deplete, the importance of exercise and diet, focusing on protein, minerals and more. Suggestions for foods to include and foods to avoid will be presented. A simple lunch will be offered following the lecture.

Cooking for Strong Bones with Bettina Zumdick

Tues., May 19, 10:30 a.m.

A menu of bone-supporting dishes will be demonstrated with tastings of all dishes prepared.

Recipe handouts will be available.

Bettina Zumdick is a chef, 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.

For info, go to: www.culinarymedicineschool.com



Local Financial Assistance for the Cancer Community

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 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.



Contact OSP for information about other funds that may be available to cancer patients. (845) 339-2071

Skin Cancer affects 1 in 5 Americans.

If detected and treated early, there is a 98% cure rate.

FREE Skin Cancer Screening

sponsored by the HealthAlliance Hospital Cancer Committee and Advanced Dermatology, PLLC.

Screenings performed by Dr. Kenneth Kircher, DO, FAOCD and staff.

Sat., Mar. 21, 9:00 a.m. to 1:00 p.m. Location: 315 Grant Ave., Lake Katrine, N.Y.

To register, please call the Oncology Support Program at (845) 339-2071





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.

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



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

Public Community Reading by our OSP Memoir Writing Groups

Please join us for an evening of readings by members of our Thursday and Friday groups.

Date/Time: Fri., May 15, 5:30-8:00 p.m.

Location: HealthAlliance Hospital Mary's Avenue Campus, Auditorium
75 Mary's Ave., Kingston

Refreshments Served!

Note to My Body by Jenny Lee Fowler

Dear Body,

Every day you carry me. Even in stillness, even when I'm sick there is your strength and your constancy. You are busy. You are generous with my desires. You walk me toward all the things I want to see. You take it all in. You work in concert-- hand and eye. You taste. You hold years of memories. You rally. You suffer my exactitudes and my anxieties. You make safety. You alert. You are tuned to pleasure. You are tuned to living. —Love, Jenny

CREATIVE ARTS GROUP



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 and more! Bring your own ideas to share. No art experience necessary

Special Workshops

Month of April: Art with Recycled and Natural Materials

Month of May: Creative Jewelry Making

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

BIRD WATCHING WALKS

with Matt Corsaro

Enjoy birds, the outdoors and nature? Experience how birding can be an engaging challenge, a tool for coping with anxiety and stress and just plain fun!

The facilitator will teach basic skills of bird observation and identification. Please bring binoculars if you have them.

Field guides are not necessary but bring one if you'd like. Walking will be limited to 2 miles on easy terrain, unless the entire group desires a more strenuous walk.

Group size will be limited to 10.

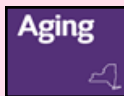
To register, please contact Matt at 256-9839 or email: mattcorsaro@yahoo.com.

Sat., Apr. 11 at Kingston Point.
Meet at beach parking lot. 9-11:00 a.m.

Sat., May 2 at Ashokan Rail Trail,
Woodstock Dike trailhead. 9-11:00 a.m.

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 Kingston City Court Thursday at 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



Community Action: FREE Fruit and Vegetable Distribution at 70 Lindsley Ave., Kingston. Call for schedule: (845) 338-8750



SPARROWS NEST Provides meals to legal guardians diagnosed with cancer and undergoing treatment who have a child under age 18. Also helps families of children diagnosed with cancer. Support continues for a period after loss of a loved one. For more information, call (845) 204-9421 or go to: sparrowsnestcharity.org



Breast Cancer Options
SUPPORT, HEALTH ADVOCACY & INFORMATION
845 339-HOPE (4673) hope@breastcanceroptions.org
Think Pink Locally

Peer-led Support groups in Dutchess, Ulster, Columbia, Greene, Orange and Sullivan Counties. Camp Lighthouse for children of survivors. Metastatic breast cancer retreat. www.BreastCancerOptions.org. (845) 339-4673

Online Resource Guide for the Cancer Community
HUDSON VALLEY CANCER RESOURCE CENTER
HUDSONVALLEYCANCER.org

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

Transportation Assistance to 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 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**
- Angel Wheels to Healing (800) 768-0238** provides non-emergency, long-distance ground transportation to qualifying patients who are traveling for treatment. Apply online: <http://www.angelwheels.org>
- Rails to Recovery—Amtrak** discount for patients in need of specialized medical care. Reservations required. Go to: <https://www.newyorkbyrail.com/rails-to-recovery>

Integrative Approaches to Cancer—A Support and Educational Group

Wednesday, 4:30-6:30 p.m. Location: Reuner Cancer Support House

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



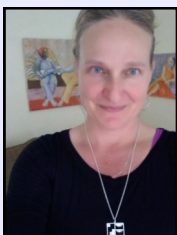
OSP invites members of the community interested in integrative approaches to cancer care to share resources and experiences, to identify topics of interest and to LEARN, together. Speakers on select topics have been invited to deepen members' understanding of specific integrative modalities. The information 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.

This 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 undergone conventional cancer treatments, immunotherapy and has incorporated integrative approaches since her diagnosis in 2015.



Energy Healing and Eden Energy's Daily Energy Routine with Amy Tripi Feb. 12, 4:30– 6:30 p.m.

Amy will give a brief overview of various healing modalities and will teach Eden Energy's *Daily Energy Routine* – a powerful self-care practice that takes only ten minutes a day and will help you establish positive energy habits to facilitate your healing – and maintain your health. Amy is Certified Cranio-Sacral Therapist and has a private energy healing practice in New Paltz. For more information about her work, go to: amytripi.com



Everyday Comfort through Massage and Somatic Movement with Christine Welker, LMT, RSMT, Mar. 11, 4:30-6:30 p.m.

In this program, Christine will share body-centered tips and techniques for finding peace & comfort in your mind & body exactly as you are. Christine is a Licensed Massage Therapist and Registered Somatic Movement Therapist. She has a private practice as well as offering massage at Northern Dutchess Hospital and Bard College. She is a graduate of Columbia University in NYC, and lived for many years in Spain and Mexico. For more information about her work, go to: www.gentlemountain.com



The Healing Energy of Reiki with Zoe Moffit, RN and Hudson Valley Community Reiki Practitioners Apr. 1, 4:30-6:30 p.m.

In this experiential workshop, Zoe and members of the Hudson Valley Community Reiki Practitioners will share how this Japanese energy technique can be used for stress reduction and relaxation. Zoe Moffit is a Certified Reiki III Practitioner and an ANCC Certified Gerontological Nurse. She is the principal care manager of Integrative Elder Care. For more information, go to: <http://www.integrativeelder.com/about-us-1.html>



Naturopathic Medicine and Cancer Care with Glenn Finley, ND and Ileana Tecchio, ND, L.Ac May 13, 4:30-6:30 p.m.

Glenn and Ileana will introduce safely integrating Naturopathic modalities into oncology treatment plans to help patients with side effects from chemotherapy, radiation and surgery. Discussion will focus on how nutrition, botanical medicine and homeopathy can offer immune support and address issues such as inflammation, nausea, low appetite, gastrointestinal imbalances and fatigue and immune support. This husband/wife team have been practicing at New Leaf Holistic Health on the Kingston Rondout for over 15 years. For more info, go to: <https://www.newleafholistichealth.com>



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 Tues. 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/>

HEALTH CARE IS A HUMAN RIGHT

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 Thurs. of every month.




For information, call (845) 750-8159 or go to:
<http://www.healthcareisahumanright.com/>

Health
Care
is a
Human
Right

February 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 10:30-11:30am Kingston Library	4 	5 Gentle Yoga 12-1:15pm Kingston Library What Really Matters? 12:30-2:30pm – CSH Men's Support Grp. 6-7pm – CSH	6 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	7 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	8
9	10 Tai Chi 10:30-11:30am Kingston Library Cancer & Finances 2-4pm – CSH	11 Valentines for Volunteers 6:30-8pm ASB, Conference Rm.	12 Loss & Bereavement Group 10-11:30am – CSH Gentle Yoga 12-1:15pm Kingston Library Medical Qigong 3-4pm – CSH Integrative Group "Energy Healing" 4:30-6:30 – CSH	13 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Valentines for Volunteers 6:30-8pm ASB, Conference Rm. (Snow date)	14  Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	15
16	17  Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH	18	19 Gentle Yoga 12-1:15pm Kingston Library	20 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Group 5:30-7pm – CSH	21 SPECIAL PROGRAM Moving for Life 10-11am CSH Women's Support Grp. 11am-12:30pm – CSH Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	22
23	24 Tai Chi 10:30-11:30am Kingston Library	25	26 Ash Wednesday Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	27 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	28 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	29 

March 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  Tai Chi, 10:30-11:30am Kingston Library	3  World Wildlife Day	4 Gentle Yoga 12-1:15pm Kingston Library What Really Matters? 12:30-2:30pm – CSH Men's Support Grp. 6-7pm – CSH	5 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	6 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	7
8 	9 Tai Chi, 10:30-11:30am Kingston Library Cancer & Finances 2-4pm – CSH	10	11 Loss & Bereavement Group 10-11:30am – CSH Gentle Yoga 12-1:15pm Kingston Library Medical Qigong 3-4pm – CSH Integrative Support Group "Comfort Through Massage & Somatic Movement" 5-7pm – CSH	12 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	13 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	14
15	16 Tai Chi, 10:30-11:30am Kingston Library Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH Teen Connection 4:30-6pm – CSH	17 	18 Gentle Yoga 12-1:15pm Kingston Library	19 SmartBells® 9:30-10:45am ASB, Auditorium Younger Women's Support Grp. 5:30-7pm – CSH Memoir Writing Workshop 3-5:30pm – CSH	20  Spring Equinox Women's Support Grp. 11am-12:30pm CSH Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	21  World Poetry Day Skin Cancer Screening 9am-1pm Advanced Dermatology, Lake Katrine
22	23 Tai Chi, 10:30-11:30am Kingston Library	24	25 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	26 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	27 Moving for Life 10-11am Kingston Library Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	28
29	30 Tai Chi, 10:30-11:30am Kingston Library	31				

April 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
			<p>1</p>  <p>Gentle Yoga 12-1:15pm Kingston Library</p> <p>What Really Matters? 12:30-2:30pm – CSH</p> <p>Medical Qigong 3-4pm – CSH</p> <p>Integrative Support Group “Healing Energy of Reiki” 4:30-6:30pm – CSH</p> <p>Men's Support Grp 6-7pm – CSH</p>	<p>2</p> <p>SmartBells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p> <p>Advance Care Planning 5:30-7:30pm – CSH</p>	<p>3</p> <p>Creative Arts 12:30-2pm – CSH</p> <p>Memoir Writing II 2-4pm – CSH</p>	4
<p>5</p> 	<p>6</p> <p>Tai Chi, 10:30-11:30am Kingston Library</p>	<p>7</p> <p>Estate Planning Workshop 3-4:30pm – CSH</p>	<p>8</p> <p>Loss & Bereavement Group 10-11:30am – CSH</p> <p>Gentle Yoga 12-1:15pm Kingston Library</p>	<p>9</p>  <p>SmartBells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>	<p>10</p> <p>Creative Arts 12:30-2pm – CSH</p> <p>Memoir Writing II 2-4pm – CSH</p>	<p>11</p> <p>Bird Watching 9-11am Kingston Pt.</p>
<p>12</p> <p>Easter</p> 	<p>13</p> <p>Tai Chi, 10:30-11:30am Kingston Library</p> <p>Cancer & Finances 2-4pm – CSH</p>	<p>14</p>	<p>15</p> <p>Gentle Yoga 12-1:15pm Kingston Library</p> <p>Teen Connection 4:30-6pm – CSH</p>	<p>16</p> <p>SmartBells® 9:30-10:45am ASB, Auditorium</p> <p>Younger Women's Support Grp. 5:30-7pm – CSH</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>	<p>17</p> <p>Women's Support Grp. 11am-12:30pm CSH</p> <p>Creative Arts 12:30-2pm – CSH</p> <p>Memoir Writing II 2-4pm – CSH</p>	18
19	<p>20</p> <p>Tai Chi, 10:30-11:30am Kingston Library</p> <p>Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH</p>	21	<p>22</p>  <p>Gentle Yoga 12-1:15pm Kingston Library</p>	<p>23</p> <p>SmartBells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>	<p>24</p> <p>Creative Arts 12:30-2pm – CSH</p> <p>Memoir Writing II 2-4pm – CSH</p>	25
26	<p>27</p> <p>Tai Chi, 10:30-11:30am Kingston Library</p>	28	<p>29</p> <p>Gentle Yoga 12-1:15pm Kingston Library</p> <p>Ovarian Support Group 7-8:30pm – CSH</p>	<p>30</p> <p>SmartBells® 9:30-10:45am ASB, Auditorium</p> <p>Memoir Writing Workshop 3-5:30pm – CSH</p>		

May 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 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	2 Bird Watching 9-11am Ashokan Rail Trail
3	4 Tai Chi, 10:30-11:30am Kingston Library	5  Miso Happy Cooking "Understanding Your Bones" 10:30am-1pm CSH Kitchen	6  Gentle Yoga 12-1:15pm Kingston Library What Really Matters? 12:30-2:30pm – CSH Men's Support Grp. 6-7pm –CSH	7 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	8  Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	9
10 	11 Tai Chi, 10:30-11:30am Kingston Library Cancer & Finances 2-4pm – CSH Teen Connection 4:30-6pm – CSH	12	13 Loss & Bereavement Group 10-11:30am – CSH Gentle Yoga 12-1:15pm Kingston Library Medical Qigong 3-4pm – CSH Integrative Support Group "Naturopathic Medicine and Cancer Care" 4:30-6:30pm – CSH	14 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	15 Women's Support Grp. 11am-12:30pm CSH Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH Memoir Community Reading 5:30-8pm ASB, Auditorium	16
17	18 Tai Chi, 10:30-11:30am Kingston Library Coping Skills: Finding Ease & Inner Balance 11am-12:30pm – CSH	19 Miso Happy Cooking "Cooking for Strong Bones" 10:30am-1pm CSH Kitchen	20 Gentle Yoga 12-1:15pm Kingston Library	21 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH Younger Women's Support Grp. 5:30-7pm – CSH	22 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	23
24	25  CLOSED	26	27 Gentle Yoga 12-1:15pm Kingston Library Ovarian Support Group 7-8:30pm – CSH	28 SmartBells® 9:30-10:45am ASB, Auditorium Memoir Writing Workshop 3-5:30pm – CSH	29 Creative Arts 12:30-2pm – CSH Memoir Writing II 2-4pm – CSH	30
31 						

Valentines for Volunteers

The Oncology Support staff honors our beloved volunteers at a special evening event. We will share a festive dinner followed by a lovely recognition ceremony.

Tues., Feb. 11, 6:30-8:00 p.m.

Snow date: Thurs., Feb. 13

WMC HealthAlliance Hospital: Mary's Ave. Campus
Administrative Services Building, Adm. Conf. Rm.

We Lovingly Remember:

Maryann Antonelle

Donna Conway

Amy Coata

Tim Davis

Mary Drake

Bartley Foley

Steven Foster

Antonio Gutierrez Lopez

Willie Hardin

David Holmar, Jr.

Lorraine Kruk

Seqouya Mayo

Veronica Sandiford

George Thomas

Carol Trowbridge

Joseph Whiteside

Margaret Yeager

THANK YOU FOR YOUR GENEROUS SUPPORT

Anna Bentsi-Barns

Lauren Piperno

Anita Wetzell

Dolly Wodin

Victoria Passikoff

Debbie Barton

Susan Barry

Stacie Birchett

Kat Caverly

Mark Dedeo

Linda Fagan

Kathleen Harris

Kate Hymes

Gary Jacobson

Marilyn Ricketson

Laura Konigsberg

Catherine Lala

Monica Meyle

Sarah Micklem

Elizabeth Stanzione

Deborah Weitsch

Fair Street Reformed Church

with special thanks to

George Campbell and Todd Levinson

Friends of Abigail Thomas

Jan, George, Sarah, Alison, Elaine, Brenda, Teri,

Suellen, Bar, Helen, Lorraine, Nona, Denise,

Morgan, Anne, Nina, Susan, Diane and Sue

Friends of Ann Hutton

Kathleen, Kate, Stacie and Diane

Friends of Tara Ryan

Elizabeth and Kim

Friends of Kathleen Sheldon and Al Konigsberg

Monica, Justin, Lauren, Vicky, Kat,

Laura, Ted, Jack and Miles

Friend of Ujjala Schwartz

Vicky

Friends of the Oncology Support Program

Patricia, Mark, Catherine, James, Linda & Gary

In Honor of

Mathew Corsaro

James Corsaro

Tmax-N-Topo's Hotel

Deborah Weltsch

In Memory of Winnie

Davis Fallon &

John Fallon

Janine Mower

Ulster County

Italian American

Foundation

with special thanks

to Darlene Bover

New Paltz Women's

Golf Association

Nancy Kennedy &

The New Visions

Program

SPECIAL THANKS TO OUR VOLUNTEERS:

Ann Hutton, Abigail Thomas, Kathy Sheldon, Darlene Bover, Debbie Denise, Marilyn Fino, Bev Nielsen, Tara Ryan, Melissa Eppard, Gloria Vega, Betty Gilpatric, Kristin Swanson, Dr. Nancy Eos, Neal Smoller, Roy Capellaro, Sharon Alexander, Al Konigsberg, Dr. Afua Forson, Florence Poulain, Jenny Lee Fowler, Lindsay Quayle, Nancy Kennedy, Dana Davison, Valerie Linet, Angel Ortloff, Marianne Niefeld, Annie LaBarge, Craig Mawhirt, Robert Meci, Lea Cassarino & Luna, 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>

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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

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* _____

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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.

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