



A newsletter for cancer patients,
their families and friends.

Celebrate Life!

Jan/Feb/Mar/Apr 2022

ONCOLOGY SUPPORT PROGRAM of HEALTHALLIANCE HOSPITAL

is dedicated to supporting people living with cancer. OSP offers innovative programming, education and comprehensive psychosocial support. We honor the spectrum of human diversity and provide a nurturing environment that promotes dignity, wellness and celebrates the fullness of life.

Since 1994

**Individual and Group Support—Healing Arts Classes—Wellness & Integrative Programs—
Educational Lectures and Discussion Groups—Library of Cancer-Related Books/Resources**



**SUPPORT GROUPS/PROGRAMS are being held either virtually or in a hybrid model.
Please contact OSP for more information about the group or
program you are interested in attending.**

Oncology Support Program

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

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

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

Email: oncology.support@hahv.org

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 looks forward to sharing 2022 with our dear community. Since 1994, OSP has been here to support you from diagnosis through survivorship. Our cancer support groups, healing arts and wellness classes and our educational programs are available to help you stay informed and connected during an experience that can be isolating, confusing and challenging. We try to ensure that there is individual and group support, both tangible and emotional, for every person dealing with cancer.

We are so grateful to live in such a generous area – special thanks to all who brought food and joy to our program members during the holiday season. Thank you to our dedicated Nurturing Neighbors and volunteers who extend the hands of OSP staff and add an invaluable dimension to our program. Many of you know what it is like to face the fears and uncertainties of a cancer diagnosis and have chosen to help others in powerful and meaningful ways. For that, we are so appreciative.

We are sad to see Jennifer Halpern leave our staff but wish her the best as she takes a position teaching at Fordham University's Social Work Program. I'm sure that the connections she made through OSP will inform her future work and inspire her for years to come. Thank you, Jenn, for your dedication over the last seven years.

We look forward to sharing the next few months with you. OSP continues to follow New York State guidelines regarding COVID. Although the Reuner Cancer Support House remains open, our programs can still be accessed virtually so that they remain accessible. So let's stay safe and stay connected.

— Warmly, *Ellen Marshall*, MS., LCSW-R, OSW-C, Director of the Oncology Support Program

ONCOLOGY SUPPORT PROGRAM STAFF

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

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

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

Founder: Barbara Sarah, LCSW

Social Work Intern: Carla Steckman, ext. 100, carla.steckman@hahv.org

Best Wishes to Jennifer Halpern

It has been such a privilege to walk with so many of you through the cancer landscape these past 7 years (or 8, if we count my year volunteering before joining the OSP staff). Thank you for trusting me with your intimate stories, joys, fears, symptoms and personal chaos whether in the hospital, in the Reuner House, or online, individually and in the Caregiver and Women's (and some other) groups!

Some of you may know that I am a certified palliative care social worker. It has been my honor to advocate for expanded opportunities for your care and for OSP through participation on the hospital's Ethics Committee, Cancer Committee, and Palliative Care Committee.

The pandemic has been a time of change for so many of you, and so it has been for me. I have been teaching palliative care social work continuing education courses online throughout the pandemic. Now online courses are becoming standard for graduate programs, and I will be teaching master's students through Fordham's Social Work online program. I hope to continue to make a difference in patients' and caregivers' lives by training the next generation of social workers to listen with curiosity, compassion and humility and to advocate on your behalf. — *Jennifer*



Are you interested in a joining a Cancer Survivorship Group for Women?

OSP is aware that people who have completed treatment need continued support to address the unique concerns of cancer survivorship. In the best of circumstances, we have been connected to professional and personal supports during our cancer treatment. But where do we go for support and connection once treatment ends? How do we deal with the emotional, physical, financial and social toll of cancer? How do we move from surviving to thriving?

Mare Berman, LCSW-R, completed her own cancer treatment and is offering to facilitate a group that addresses the concerns of women cancer survivors. She will provide a safe and compassionate setting as we sister one another during this phase of the cancer journey.

If you are interested in joining a Survivorship Group, please call: (845) 339-2071 or email: oncology.support@hahv.org

SUPPORT SERVICES AT OSP

If you would like join a group, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org

(Group facilitator will inform you if group is operating virtually, at the Support House or via Hybrid.)

Women's Cancer Support Group,

facilitated by Catherine Gleason, PhD, LMSW

2nd Fridays,

Jan. 14, Feb. 11, Mar. 11, Apr. 8

11:00 a.m.-12:30 p.m.

Share common concerns and learn about living with cancer during and after treatment. For women of any age, at any stage, with any kind of cancer. Please contact OSP at ext. 100

Linda Young Ovarian Cancer Support Group,

facilitated by Ellen Marshall, LCSW-R, OSW-C
Wednesdays, Jan. 26, Feb. 23, Mar. 30 & Apr. 27
7:00-8:30 p.m.

An informative and supportive setting for women diagnosed with ovarian cancer at any stage. Please contact OSP at ext. 103.

Men's Cancer Support Group,

facilitated by James Askin, LMSW

1st Wednesdays, Jan. 5, Feb. 2, Mar. 2 & Apr. 6
6:00-7:00 p.m.

A supportive, confidential setting for men who have been diagnosed with any type of cancer. Please contact OSP at ext. 100.

Caregivers' Support Group,

facilitated by Catherine Gleason, PhD, LMSW
3rd Wednesdays, Jan. 19, Feb. 16, Mar. 16 & Apr. 20,
5:00-6:30 p.m.

Mutual support for the unique challenges of caregiving a loved one with cancer. Individual support also available. Please contact OSP at ext.100.

Younger Women's Support Group,

facilitated by Elise Lark, PhD, OSW-C, APHSW-C
3rd Thursdays, Jan. 20, Feb. 17, Mar. 17 & Apr. 21
5:30-7:00 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. Please contact OSP at ext.102.

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

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



Coping Skills for Cancer: *Finding Ease & Inner Balance*

Whether we are newly diagnosed with cancer, a long-term cancer survivor or a caregiver, a cancer diagnosis can be overwhelming. In this group, we will explore practical skills to help us regulate our nervous system and find inner balance as we face cancer-related stressors, from anxiety related to medical procedures to fear of recurrence. This group integrates techniques of somatic experiencing, yoga breathing practices and mindfulness.

Facilitated by Ellen Marshall, LCSW-R, OSW-C & Sarah Loughlin, MHC

1st Tuesdays, 11:00 a.m.—12:30 p.m.
Jan. 4, Feb. 1, Mar. 1 & Apr. 5

To register, please contact OSP at ext. 100 or email: oncology.support@hahv.org

NEW Cancer Support Group for Women and Men

All diagnoses and stages of cancer
facilitated by Carla Steckman, OSP Intern
4th Wednesday, Dates: Jan. 26, Feb. 23,
Mar. 23, Apr. 27, 12-1:30 p.m.

Mutual support for those facing the challenges of a cancer diagnosis.

To register, please contact OSP at ext. 100 or email: oncology.support@hahv.org

Finding Meaning and Purpose—

facilitated by Barbara Sarah,
Social Worker and OSP Founder



For 25 years, since fit was founded by Barbara Sarah, the Oncology Support Program has helped people with cancer live lives of meaning and purpose while also benefiting others.

Barbara will meet with people individually or in a small group to explore their *Ikigai* (ee-key-guy), a Japanese concept that combines the terms *iki*, meaning "alive" or "life," and *gai*, meaning "benefit" or "worth." When combined, these terms translate into, "that which gives your life worth, meaning or purpose – your unique reason for getting up in the morning."

If you have been affected by cancer and would like to schedule a meeting with Barbara, please call OSP at ext. 100 or email oncology.support@hahv.org.

Living Well with Advanced Cancer

1st Thursdays: Jan. 6, Feb. 3, Mar. 3 & Apr. 7, 12:30 - 2:00 p.m.

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

A group for individuals with advanced stage or recurrent cancer who wish to share their experience, find mutual support and explore pathways to a more fulfilling and meaningful life.

For further info or to pre-register, please contact Elise Lark at (845) 339-2071 ext. 102



Choices & Wishes: Advance Care Planning Workshop Thursday, April 14, 5:00-7:00 p.m.

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

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

If you are unable to attend the workshop or need additional assistance, 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 Support Group

2nd Wednesdays, Jan. 12, Feb. 9, Mar. 9 & Apr. 13, 10:00-11:30 a.m.

Facilitated by Mare Berman, LCSW-R

Grief is often many-layered. You may have experienced the death of a parent, a partner, a child or friend from illness. Other losses may be stirred up as we grieve. Through guided meditation, mindfulness, sensory awareness exercises and discussion, we will explore, share and process our unique loss stories in a non-judgmental environment that supports our healing.

To register, please call (845) 339-2071 at ext. 100 or email: oncology.support@hahv.org



Inpatient Palliative Care Support

If you or your loved one is in the hospital and suffering with distress or pain, ask your nurse for a palliative care consult. Dr. Maggie Carpenter is available for palliative care consults in the hospital setting. OSP certified palliative care and oncology social workers can also be consulted to help you learn ways to manage your symptoms through integrative 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.

Outpatient Community-Based Palliative Care

Community-based palliative care is appropriate for patients with serious or life-limiting illnesses, no matter their prognosis. This type of care focusses on providing relief from the symptoms and stress of the illness, with the goal of improving quality of life for the patient and the family.

Palliative care can be provided at the same time as curative and aggressive treatment at any stage of illness.



Hudson Valley Medical Health Choices, P.C.

Community palliative care provides services in the home, an assisted living facility, a nursing home, or wherever a person calls home. Affiliated with Hudson Valley Hospice.

For information, call: (845) 240-7557 or go to: <https://www.hvhospice.org/palliative-care>

Nightingale Medical

Community palliative care provides patients and their families with peace of mind and an extra layer of support for managing symptoms of advanced illness.

For information, call: (845) 633-8122 or go to: <https://www.nightingalemedical.org>



OSP Memoir Writing Workshops

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



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

Abby is the author of seven books, including the memoir, *A Three Dog Life* and most recently, *What Comes Next and How to Like It: A Memoir*. Abby has been inspiring and guiding members of the Thursday group for almost ten years!

Monday Memoir Group facilitated by **Carla Steckman**, 1:00-2:30 p.m.

Carla has written a memoir and has several published articles about parenting her youngest child through Tay Sachs Disease. Her moving and poignant writings about parenthood, grief and life can be viewed at:

carlasteckman.com.

For information or to join a writing group, please call (845) 339-2071 or email:

oncology.support@hahv.org

CREATIVE ARTS GROUP



Our weekly group offers a vehicle for you to connect and share in the creative process.

Try collage, painting, drawing, jewelry making, fiber arts, knitting and more.

Bring your own ideas to share. No art experience is necessary. Group is facilitated by volunteer artists & art educators **Marilyn Fino & Bev Nielsen**, along with guest artists.

Tuesdays, 1:00-3:00 p.m.

For information or to join a workshop, please call (845) 339-2071 at ext.100 or email: oncology.support@hahv.org

Special Creative Arts Program — “Everyone Can Draw” with **Chris Parrow**

Everyone can draw but most of us stop drawing at about age 12 and then convince ourselves that we can't, or can 'only draw stick figures.' In this two part workshop, we'll learn to loosen up and jump start our drawing practice.

Session 1: Tuesday, Feb. 22, 1-3:00 p.m.

In the first drawing session we will cover some basic exercises and techniques to learn to see and evaluate subject matter. Line, shape, value, space will be covered as we work on letting go of self judgement.

Session 2: Tuesday, March 1, 1-3:00 p.m.

In this session, we will set up and draw a still life arrangement. Using gesture line, composition and shading, we will create a well developed, dynamic, realistic drawing and be on the way to more drawing for fun and relaxation.

Chris Parrow received a BFA in ceramics and art from SUNY New Paltz, is currently a studio potter and teaches drawing and design at SUNY Sullivan, as well as watercolor workshops at local schools and libraries.

Supplies needed:

9x12 drawing paper sketchbook, (spiral bound is best)
graphite pencil or set of 4-6 pencils, erasure,
either mars plastic, gum or kneaded, 12" ruler or straight edge.



This workshop will be held virtually. For more information and or to join the group, please contact OSP at (845) 339-2071 or email: oncology.support@hahv.org



For many years, **David Levy** comforted our hospital patients with the sound of his transcendent music. “Since COVID began, I have been visiting our local swimming hole, a lovely creek in the woods, with a fascinating rock foundation bed under the water. This place has become my ‘temple under the sky.’” David has created short videos of flowing creek waters, flute music, recorded sounds of nature, and recited poems. He is offering these to people connected with the Oncology Support Program. Below is the link which can be viewed on a smartphone or larger screen.

<https://drive.google.com/file/d/1818bRY6IIWxaSRS-HO1f-9PxtDcLYFvU/view>



OSP's Linda Young Ovarian Cancer Support Program

is committed to educating the community about **early detection of ovarian cancer**

Know the symptoms:

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

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



Linda's Healing Garden

Know what to do:

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

Go to:

foundationforwomenscancer.org



SUPPORT CONNECTION

Offers an ovarian cancer national toll-free phone support group.

Call (800) 532-4290 www.supportconnection.org



SHARE Help for women facing breast or ovarian cancer. (English & Spanish)

Call: 844.ASK.SHARE or (844) 275-7427

<https://www.sharecancersupport.org/support/about-us-helpline/>

CANCER & FINANCE

Need help with applying for **Disability**, setting up a **Pooled Trust** to become eligible for **Medicaid** or getting information about **returning to work when on Disability**?

Meet with **Debbie Denise** of the

Resource Center for Accessible Living

at the Reuner Cancer Support House for individualized support and to have your questions answered.

January 5, February 2, March 2, April 6, 2-4 p.m.

If you would like to schedule an appointment with Debbie Denise, please call OSP at (845) 339-2071 or call RCAL at (845) 331-0541



Mindfulness Nature and Bird Watching Walk with Matt Corsaro

Join us for a mindful walk on easy terrain as we practice conventional field identification of birds. Facilitator will offer mindfulness exercises as we enjoy our connection to the natural world. This trip will also be posted with the John Burroughs Natural History Society.

Group size is limited.

Please contact **Matt Corsaro** at mattcorsaro@yahoo.com with questions or to register. Group will meet at the **Walkkill Valley Rail Trail parking area** on Binnewater Road, just north of route 213 in Rosendale.

Sunday April 24, 8:00 a.m.

KID/TEEN/FAMILY Connection



Children or teens may be confused, angry or sad when someone they love is diagnosed with cancer. How do we speak to our children or teens about a cancer diagnosis in age-appropriate ways?

If you know a child or teen in need of support or would like to meet with an OSP Social Worker to discuss communicating about cancer, please call OSP at (845) 339-2071.

Integrative Cancer Support and Educational Group

Participants share resources and experiences with integrative modalities and learn from guest speakers. Facilitated by **Tara Ryan and OSP Director, Ellen Marshall**. Tara is a Cancer Hope Coach who has considerable experience with conventional and integrative treatments along with immunotherapy for the treatment of metastatic melanoma. If you are interested in attending, please contact OSP at (845) 339-2071 or email: oncology.support@hahv.org

Conversations with a Stage 4 Cancer Survivor, Wed., January 12, 2021, 5:30-6:30 p.m.

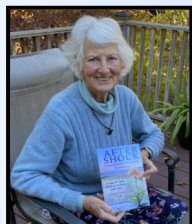


Join us for a live conversation with Isolde Arzt and hear her amazing story of how she was diagnosed with Melanoma during an accident which ultimately saved her life. She'll share valuable tips that she learned while advocating for herself.

Isolde Arzt was diagnosed with Stage 4 Metastatic Melanoma in 2017. She was an early recipient of immunotherapy and is now 4.5 years tumor-free. Isolde is using her healing success to advocate for patients globally. She is a volunteer ImmunoAdvocate for The Cancer Research Institute and was chosen to share her story at the Cancer Research Institute Immunotherapy Summit Patient Panel at MD Anderson Medical Center. She created the *Immune Foundation* to help raise funds for Melanoma patients and improve their access to immunotherapy. For more information about Isolde, go to: <https://www.cancerresearch.org/patients/immunocommunity/featured-stories/isoldea>



Navigating your Cancer Journey, Wed., February 9, 5:30-6:30 p.m



A cancer diagnosis is never easy. Puja Thomson found that the pressure of decision making, dealing with billing, insurance and record-keeping while trying to understand new medical terminology added stress to her cancer experience. To empower you to move through these challenges more confidently and take charge of your healing journey, Puja A.J. Thomson will share insights from her integrative health books: *AFTER SHOCK: From Cancer Diagnosis to Healing – a step-by-step guide to navigate your way* (2021, Second Revision), *My Hope & Focus Cancer Organizer* and *TRACK YOUR TRUTH- Discover your Authentic self* (2018).

Puja A. J. Thomson draws from her personal experience of cancer and her training and skills as a health care professional, transformational therapist, interfaith minister, and workshop leader. Born and educated in Scotland, she is the director of ROOTS & WINGS in the Mid-Hudson Valley of NY.



Integrative Oncology with Dr. Heidi Puc, Wed., March 9, 5:30-6:30 p.m.



Dr. Puc founded *Integrative Medicine of Central New York* where she offers consultations on how natural remedies can merge with the conventional, in either the adjuvant (curative) or advanced cancer setting. Dr. Puc focuses on strengthening the patient's "terrain," namely the support structure and components of the body dealing with cancer (including the immune system, detoxification system, mitochondrial function, gut microbiome, antioxidant and anti-inflammatory potential, and nutrient levels).

Heidi S. Puc MD, FACP, ABIHM, is a board-certified hematologist and medical oncologist with over 20 years of clinical experience after having completed fellowship training at Memorial Sloan Kettering Cancer Center. She received specialty training in Integrative Medicine through the Scripps Clinic in California and also completed a two-year fellowship program run by Dr. Andrew Weil at the University of Arizona. She is a Fellow of the American College of Physicians, a Diplomate of the American Board of Integrative Holistic Medicine, and a member of the American Society of Clinical Oncology and the Society for Integrative Oncology.

For more information about Dr. Puc, go to: <https://www.imofcny.com/>



“Everything is Energy” with Sue Van Hook, Wed., April 13, 5:30-6:30 p.m



Discover how maintaining a high vibrational energy flow using the breath, your own healing hands and plant essential oils influences the healing process. Sue will teach the Self-Chakra Connection HT technique and how tuning into the energetic centers of the body promotes the relaxation response and a cascade of positive changes at the physical, mental, emotional and spiritual levels.

Sue Van Hook has thrived for 23 years since a diagnosis of stage 3 breast cancer. She has worked with several hundred clients in her *Haut Terrain* higher ground natural healing practice over the past fifteen years. Sue relies on her training in Healing Touch, plant essential oils, craniosacral therapy, and active dream work to help guide clients along their healing journeys.

WELLNESS/EXERCISE PROGRAMS

If you are interested in attending, please call
OSP at 845 339-2071 or email: oncology.support@hahv.org



Tai Chi Zoom class with Annie LaBarge: Mondays, 10:00-11:00 a.m. Learn Long Form Yang Style Tai Chi, a moving meditation and slow-motion martial art. The practice increases cognition, strength, balance and flexibility.



Medical Qi Gong with Betty Gilpatric: Fridays, 8:00-9:15 a.m. Learn simple yet powerful techniques based on traditional Chinese healing practices to improve your health and sense of well-being. EBQT or Evidence-based Qigong was developed by Dr. Yan Yang, PhD, who is a researcher and instructor at Memorial Sloan Kettering. There are also a few YouTube videos you can watch on your own. The links are:

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



Yoga with Marianne Niefeld: Wednesdays, 10:00-11:00 a.m. A Kripalu-style gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing.



MOVING FOR LIFE: DanceExercise for Health® — An Exercise Program for Cancer Recovery
Free online 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. <https://movingforlife.org/classes/>

Miso Happy Cooking Club with Kathy Sheldon, RN (Virtual classes)



Miso Happy formed in 2005 to support prevention, healing and recovery through healthy eating practices incorporating a plant-based diet. Due to COVID safety concerns, we will continue to offer classes virtually. Although we won't be sharing a meal, we'll be able to connect and learn together. Advance registration is requested via email to: kathy.sheldon@gmail.com or doris.blaha@hahv.org. Classes will be recorded and made available to those registered. \$10 suggested class donation. Please make checks payable to: The Health Alliance Foundation (OSP in memo). Mail check to: Oncology Support Program, 105 Mary's Ave. Kingston, NY, 12401. Donations can also be offered through: <https://www.foundationupdate.org/donate/oncologysupportprogram/>

NO classes January & February

Creative Spring Cooking with Bettina Zumdick

Part 1, Tuesday, March 29 at 11:30 a.m. & Part 2, Tuesday, April 26 11:30 a.m.

As winter moves toward spring, we gradually adapt our food choices for warmer days. By March, we start to crave garden fresh greens. These classes will help us prepare fresh, healthy and lighter foods for warming temperatures. Bettina will narrate as she prepares the meal with opportunity for question and answers during and after the cooking class.

Please register early and confirm your intention to attend prior to the class session.

Bettina Zumdick is a chef, teacher, counselor and author who has integrated modern knowledge of the West with the wisdom of the East. With a strong background in Food Science and Nutrition from Wilhelm's University in Munster, Germany, she has shared her knowledge of food medicine for over 30 years. She is a co-director of Planetary Health, an educational not-for-profit that offers weekend retreats and an annual conference. For more information about Bettina or to view a listing of her own class offerings go to: www.culinarymedicineschool.com

Office for the Aging/ NY Connects:

Assists with supports for elderly (60+) and disabled: Legal Counsel, Medicare counseling, home care services, Med Alerts and transportation. Home-delivered meals for residents 60+ on a limited income, not on Medicaid and who have no one to shop for them; frozen meals available for pick up or delivery at sites in Saugerties, Rosendale, and Ellenville. Go to: <https://ulstercountyny.gov/aging> or call (845) 340-3456

**Resource Center for Accessible Living (RCAL):**

Assists with benefits applications and advisement, Medicaid coordination, pooled trusts, nursing home transition & diversion. (845) 331-0541

**Legal Services of the Hudson Valley:**

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

**EPIC (Elderly Pharmaceutical Insurance Coverage Program):**

Additional drug coverage and premium assistance for seniors (over 65) with Medicare Part D who financially qualify. (800) 332-3742

**Jewish Family Services of Ulster:**

In-home, non-sectarian supportive mental health counseling. Caregiver support. Shopping for seniors in coordination with the Jewish Federation. (845) 338-2980

**Edible Independence:**

Dietician- and health department-approved meals delivered to your home. (845) 331-MEAL (6325)



For a *comprehensive list of local resources*, go to: <https://rupco.org/covid-19-help-emergency-food-in-ulster-county/> or

Food Pantries | Food Banks | Food Insecurity | Ulster County (peoplesplace.org)

The Kingston Emergency Food Collaborative

Provides weekly groceries to people in the Kingston City School District and to anyone in a DSS hotel. Call the hotline at: (888) 316-0879

Heaven Bound Food Pantry

100 Lucas Ave., Kingston N.Y. Phone: 845-616-3211
1st and 3rd Tuesdays 11-1
2nd and 4th Tuesdays 4:30-6:30

**Ulster County Community Action****Free Food Banks**

Highland Outreach: Begins @ 11:00 AM
15 Church Street, Highland (845) 338-8750, Ext. 300

Ellenville Outreach: Begins @ 12:00 PM
85 Center Street, Ellenville (845) 338-8750, Ext. 310

Kingston Outreach: Begins @ 1:00 PM
70 Lindsley Avenue, Kingston (845) 338-8750, Ext. 110

Local Financial Assistance for our Cancer Community

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

Rosemary D. Gruner Memorial Cancer Fund:**Rosemary D. Gruner Memorial Cancer Fund - Benedictine Health Foundation**

\$500 Hannaford's and/or Stewart's gas cards annually to financially eligible people in active cancer treatment.

Contact the Benedictine Health Foundation.

Call: (845) 481-1303. Fax: (845) 663-2221

**Miles of Hope Fund for Breast Cancer Patients: www.milesofhope.org**

Financial assistance to eligible people in treatment.

Ulster & Greene Counties — call Family at (845) 331-7080, ask for Angely Mendez.

Dutchess County — call Community Action at (845) 452-5104.

**Transportation Resources**

- Seniors **60** or older: Free bus twice weekly to medical appointments and once a week for shopping. Complete an application with **Office for the Aging (NY Connects)** by calling (845) 340-3456
- 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 you have active **Medicaid**, call (866) 287-0983 for assistance with transportation to medical appointments. Advance notice required.
- Neighbor to Neighbor Program**
Volunteer drivers pick up eligible seniors at their home and drive them to their doctors appointment. Must register with the program. After approval, please call at least 14 days in advance for your ride. Call 845-443-8837 for details.

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

Mammogram, Clinical Breast Exam (age 40-64)

Cervical Cancer Screening:

Pap Test, Pelvic Exam (age 40-64)

Colorectal Cancer Screening:

FIT Test (age 50-64)

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



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. **Call 800-813-HOPE (4673), ext 3 https://www.cancercare.org/support_groups**



Breast Cancer Options

SUPPORT, HEALTH ADVOCACY & INFORMATION

845 339-HOPE (4673)

hope@breastcanceroptions.org

Think Pink Locally

www.BreastCancerOptions.org (845) 339-4673

Breast Cancer Support Groups including Mixed, Young Survivors & Metastatic Groups.

Camp Lightheart for children of breast cancer survivors

Annual Metastatic Breast Cancer Retreat



Mesothelioma.net

Over 20 years of fighting for mesothelioma patients and families

<https://mesothelioma.net/> 1-800-692-8608 info@mesothelioma.net

An organization dedicated to providing mesothelioma patients with information and support.

Online Resource Guide for the Hudson Valley Cancer Community

HUDSON VALLEY CANCER RESOURCE CENTER

HUDSONVALLEYCANCER.ORG



Gilda's Club

Gilda's Club of Westchester

Free Bilingual Cancer Support Hotline. Call (914) 997-6006

<https://gildasclubwestchester.org/gildas-launches-breast-cancer-bilingual-support-hotline/>



Adelphi NY University Breast Cancer Hotline Program. Call (800) 877- 8077

www.adelphi.edu/nysbreastcancer



ONLINE SUPPORT PLATFORMS

LotsaHelpingHands.com and CaringBridge.org

These free websites provide an all-in-one intimate, safe place where those living with chronic illness, their caregivers, family and friends can share information and request meaningful help 24/7.



Patient Advocate Foundation provides Case-management Assistance, Co-pay Assistance and Financial Aid information to cancer patients and families.

Call **1-800-532-5274** or go to: **<https://www.patientadvocate.org/>**



Sparrow's Nests cooks and deliver homemade meals to families struggling through a cancer diagnosis. Parents, guardians or children who live in parts of five Hudson Valley counties and who are actively receiving chemotherapy or radiation treatment, or who are recovering from surgery due to their diagnosis and qualify for services. These families must have children 18 years of age or younger living in the home and must live within 35 miles of the Wappingers Falls kitchen. For more information, call (845) 204-9421 or go to: sparrowsnestcharity.org



The **LUNGEVITY Foundation** is the nation's largest lung cancer-focused nonprofit, committed to changing outcomes for people with lung cancer through research, education, and support. For information, go to: Lungevity.org

For the Lung Cancer HELPLINE, call **(844) 360-5864**



Provides comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, one-on-one connection with someone who has been there. **<https://imermanangels.org/> (866) IMERMAN (463-7626)**

January 2022

All programs are online via computer, phone or call-in, unless otherwise noted.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2	3 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	4 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Creative Arts 1-3pm	5 Gentle Yoga 10-11am Cancer & Finances 2-4pm Men's Support Group 6-7pm	6 Memoir Writing Workshop 3-5pm Living with Advanced Cancer 12:30-2:00pm	7 Medical Qigong 8:00-9:15am	8
9	10 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	11 Creative Arts 1-3pm	12 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group "Conversations with a Stage 4 Cancer Survivor" 5:30-6:30pm	13 Memoir Writing Workshop 3-5pm	14 Medical Qigong 8:00-9:15am Women's Support Grp. 11am-12:30pm	15
16	17  Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	18 Creative Arts 1-3pm	19 Gentle Yoga 10-11am Caregivers' Support Group 5-6:30pm	20 Memoir Writing Workshop 3-5pm Younger Women's Support Group 5:30-7pm	21 Medical Qigong 8:00-9:15am	22
23	24 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	25 Creative Arts 1-3pm	26 Gentle Yoga 10-11am Cancer Support Group for Men & Women 12-1:30pm Ovarian Support Group 7-8:30pm	27 Memoir Writing Workshop 3-5pm	28 Medical Qigong 8:00-9:15am	29
30	31 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm					

February 2022

All programs are online via computer, phone or call-in, unless otherwise noted.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Creative Arts 1-3pm	2  Gentle Yoga 10-11am Cancer & Finances 2-4pm Men's Support Grp. 6-7pm	3 Living with Advanced Cancer 12:30-2:00pm Memoir Writing Workshop 3-5pm	4  Medical Qigong 8:00-9:15am	5
6	7 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	8 Creative Arts 1-3pm	9 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group "Navigating your Cancer Journey" 5:30-6:30pm	10 Memoir Writing Workshop 3-5pm	11 Medical Qigong 8:00-9:15am Women's Support Grp. 11am-12:30pm	12
13	14  Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	15 Creative Arts 1-3pm	16 Gentle Yoga 10-11am Caregivers' Support Group 5-6:30pm	17 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	18 Medical Qigong 8:00-9:15am	19
20	21  Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	22 SPECIAL CLASS Creative Arts "Everyone Can Draw" 1-3pm	23 Gentle Yoga 10-11am Cancer Support Group for Men & Women 12-1:30pm Ovarian Support Group 7-8:30pm	24 Memoir Writing Workshop 3-5pm	25 Medical Qigong 8:00-9:15am	26
27	28 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm					

March 2022

All programs are online via computer, phone or call-in, unless otherwise noted.
Call the Oncology Support Program 845-339-2071 for more information

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm SPECIAL CLASS Creative Arts "Everyone Can Draw" 1-3pm	2 Ash Wednesday  Gentle Yoga 10-11am Cancer & Finances 2-4pm Men's Support Grp. 6-7pm	3 Living with Advanced Cancer 12:30-2:00pm Memoir Writing Workshop 3-5pm	4 Medical Qigong 8:00-9:15am	5
6	7 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	8 Creative Arts 1-3pm	9 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group "Integrative Oncology" 5:30-6:30pm	10 Memoir Writing Workshop 3-5pm	11 Medical Qigong 8:00-9:15am Women's Support Grp. 11am-12:30pm	12
13 	14 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	15 Creative Arts 1-3pm	16 Gentle Yoga 10-11am Caregivers' Support Group 5-6:30pm	17  Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	18 Medical Qigong 8:00-9:15am	19
20 	21  Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	22 Creative Arts 1-3pm	23 Gentle Yoga 10-11am Cancer Support Group for Men & Women 12-1:30pm	24 Memoir Writing Workshop 3-5pm	25 Medical Qigong 8:00-9:15am	26
27	28 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	29 Miso Happy Cooking "Creative Spring Cooking Part 1" 11:30am Creative Arts 1-3pm	30 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	31 Memoir Writing Workshop 3-5pm		

April 2022

All programs are online via computer, phone or call-in, unless otherwise noted.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  Medical Qigong 8:00-9:15am	2
3	4 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	5 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Creative Arts 1-3pm	6 Gentle Yoga 10-11am Cancer & Finances 2-4pm Men's Support Grp. 6-7pm	7 Living with Advanced Cancer 12:30-2:00pm Memoir Writing Workshop 3-5pm	8 Medical Qigong 8:00-9:15am Women's Support Grp. 11am-12:30pm	9
10 Palm Sunday	11 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	12 Creative Arts 1-3pm	13 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group "Everything is Energy" 5:30-6:30pm	14 Memoir Writing Workshop 3-5pm Advance Care Planning 5-7pm	15 Medical Qigong 8:00-9:15am	16 Passover begins 
17 Happy Easter 	18 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	19 Creative Arts 1-3pm	20 Gentle Yoga 10-11am Caregivers' Support Group 5-6:30pm	21 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	22 Earth Day  Medical Qigong 8:00-9:15am	23
24  Mindfulness Nature & Bird Watching Walk 8am Please contact Matt mattcorsaro@yahoo.com	25 Tai Chi 10:00-11:00am Memoir Writing II 1-2:30pm	26 Miso Happy Cooking "Creative Spring Cooking Part 2" 11:30am Creative Arts 1-3pm	27 Gentle Yoga 10-11am Cancer Support Group for Men & Women 12-1:30pm Ovarian Support Group 7-8:30pm	28 Memoir Writing Workshop 3-5pm	29 Medical Qigong 8:00-9:15am	30



Nurturing Neighborhood Network

Are you facing a cancer diagnosis? Would you benefit from one-on-one support from someone who's been through it?

You might like to be matched with a Nurturing Neighbor, a local volunteer and cancer survivor trained through OSP to offer peer support.

For further information on linking with a Nurturing Neighbor or becoming one yourself, please contact OSP at (845) 339-2071 at ext. 100 or email: oncology.support@hahv.org

We Lovingly Remember: 

Renate Belville

Joseph Blaha

Keith Casey

Tracy Kennard

Alan Alexander

Kelly Schley

Dorothy Novak

Bob Hughes



WDST Radio Woodstock

Hudson Valley Foundation for Youth Health

Seventh Day Adventist Church

for providing holiday baskets to our families

Special thanks to Gene Brodhead, Margaret Murray and the church families

George Campbell

for donating holiday gifts to our families

Salvation Army

for making and donating heart pillows

Pillow Fight for Cancer

Kingston High School students and Annie Demosthenes

June Kelsey

for her hand sewn donations

All the wonderful people

who have donated wigs, scarves, hats and more

DONATIONS

In Memory of Eileen Mitchell

Carol Sasso

In Honor of Ellen Marshall & Staff

Marilyn Rosen

**THANK YOU FOR
YOUR SUPPORT.**

DONATIONS

Lee Ann DeBerry

Dr. Carol Kessler

Arlene Ferrieri

Ruth Kopleman

Mary De Vita

Arlene Ferriri

Donald Yonta

Joyce & John Valenti

SPECIAL THANKS TO OUR VOLUNTEERS:

Abigail Thomas, Craig Mawhirt, Kathy Sheldon, Marilyn Fino, Bev Nielsen, Mare Berman, Tara Ryan, Barbara Sarah, Melissa Eppard, Charise Isis, Sue Van Hook, Wendy Dolber, Hillary Thing, Melissa Eppard, Barbara Sarah, Betty Gilpatric, Annie LaBarge, Marianne Neifeld, Bettina Zumdick, Sara Loughlin, James Askin, our Nurturing Neighbors and other fabulous volunteers.

READER SUBMISSIONS ARE WELCOME!

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

Please send to

ellen.marshall@hahv.org

The information in this newsletter is for educational purposes only and is not intended to be used as medical advice. Please consult your physician about questions regarding your treatment.

You can also find this newsletter at:

<https://www.hahv.org/celebrate-life-newsletter>

Newsletter:

Writer and Editor:

Ellen Marshall

Graphic designer:

Doris Blaha

Copy editor:

Jennifer Halpern



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

We are trying to go PAPERLESS.
If you currently receive our newsletter by postal mail but are able to receive it by EMAIL instead, please notify us by sending an email to: oncology.support@hahv.org

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 _____