

ONCOLOGY SUPPORT PROGRAM OF HEALTHALLIANCE HOSPITAL



A newsletter for cancer patients,
their families and friends.

Celebrate Life!

Jan/Feb/Mar/Apr 2023

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 Virtually, In-person at CSH or as Hybrid.
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 2023 with you as the HealthAlliance Hospital moves into its newly renovated and expanded home at the Mary's Ave. campus, formerly Benedictine Hospital. We look forward to the consolidation and enhancement of services as our hospital continues its commitment to the health and wellbeing of our community.

Since 1994, OSP's mission has been to ensure that you are not alone in facing the challenges of cancer. We are here to offer emotional support, helpful resources and the opportunity for you to share your experience with peers who, like you, may be struggling to cope or find meaning in light of a cancer diagnosis. In order to maintain access to our programs amidst COVID precautions as well as the challenges inherent to winter travel, select support and informational groups continue to be offered in a "hybrid" format. This allows interested OSP members the option to attend in-person at our Reuner Cancer Support House or participate virtually via computer or phone.

In order to further address the needs of our community, we've added a few new support programs to our already varied list. Our new Breast Cancer Support Group will offer a space to share strength, struggles, and healing for those living with the most common cancer among American women, while the upcoming Survivorship Series for Women post-treatment will address the complex challenges that arise for those who have completed cancer treatment and are seeking to maximize their emotional and physical wellbeing. Our wellness and healing arts classes continue to provide vehicles for connection and support, and we are so grateful to the dedicated and talented members of our community who make these programs possible. We encourage you to take a look at the offerings in our newsletter and give us a call or send an email if you are interested in participating.

We recognize how difficult it is to face the uncertainties of a cancer diagnosis and adjust to life during and after cancer treatment. We look forward to meeting with you, whether individually or in a group context, and remain honored to be partners in your journey.

—*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

Social Worker: Catherine Gleason, PhD, LMSW ext. 101, catherine.gleason@hahv.org

Social Worker: Dominique A. Paris, MSW ext. 102, dominique.paris@hahv.org

Social Worker: James Askin, LMSW ext. 101 james.askin@hahv.org

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

Founder: Barbara Sarah, LCSW



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 or becoming one yourself, please contact OSP at (845) 339-2071 or email: oncology.support@hahv.org

Hello from Megan

I am excited to be working with the team and clients at OSP as a Counselor-in-Training through the SUNY New Paltz master's program in Clinical Mental Health Counseling. Prior to this program, I spent over a decade in nonprofit management and development. While I enjoyed the work, my heart was calling me to work with my community through counseling.

My work at OPS is to help you and your family navigate the challenges that accompany diagnosis, integrate healthy coping strategies and provide resources to support you on your personal journey.

I am honored to be welcomed into the OSP community.

—*Megan Hildebrand*



SUPPORT SERVICES AT OSP

If you would like to 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, in-person at CSH or as hybrid.

Women's Cancer Support Group,

facilitated by Catherine Gleason, PhD., LMSW

2nd Wednesdays,

Jan. 11, Feb. 8, Mar. 8, Apr. 12

12:00 -1:30 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

NEW: Breast Cancer Support Group

facilitated by Dominique Paris, MSW

1st Fridays, Jan. 6, Feb. 3, Mar. 3, Apr. 7

12:00-1:30 p.m.

A supportive group where women diagnosed with breast cancer can share experiences and learn from one another.

Please contact OSP at ext. 100

Men's Cancer Support Group,

facilitated by James Askin, LMSW

1st Wednesdays, Jan. 4, Feb. 1, Mar. 1 & Apr. 5

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 James Askin, LMSW

3rd Wednesdays, Jan. 18, Feb. 15, Mar. 15 & Apr. 19

6:00-7:30 p.m.

Mutual support for the unique challenges of caring for a loved one with cancer.

Please contact OSP at ext.100.

Younger Women's Support Group,

facilitated by Dominique Paris, MSW

3rd Thursdays, Jan. 19, Feb. 16, Mar. 16 & Apr. 20

5:30-7:00 p.m.

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.100.

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



<https://www.youngsurvival.org/meet-in-person>



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

facilitated by Ellen Marshall,

LCSW-R, OSW-C

& Sarah Loughlin, MHC

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, DBT, yoga breathing practices and mindfulness.

2nd Tuesdays, Jan. 10, Feb. 14, Mar. 14 & Apr. 11

12:00 p.m.-1:30 p.m.

Please contact OSP at ext. 103

Living with Advanced Cancer

facilitated by James Askin, LMSW

A group for individuals with advanced stage or recurrent cancer who wish to connect, share coping strategies and explore ways to find meaning and purpose in light of a life-altering diagnosis.

2nd Mondays, Jan. 9, Feb. 13, Mar. 13 & Apr. 10

2:00-3:30 p.m.

Please contact OSP at ext. 100

Loss and Bereavement Support Group

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.

2nd Wednesdays,

Jan. 11, Feb. 8, Mar. 8 & Apr. 12

10:00-11:30 a.m.

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

OSP Memoir Writing Workshops

Members of the OSP community have an opportunity to support one another by writing and sharing life stories.

Tuesday Memoir Group

facilitated by

Dara Marshall

5:00-6:30 p.m.



Thursday Memoir Group

facilitated by

Abigail Thomas

3:00-5:00 p.m.

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

Groups are taking place virtually until further notice.



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, sculpting, 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, 2-3:30 p.m.

For more information, call OSP at (845) 339-2071 or email: oncology.support@hahv.org



For Pete's Sake Cancer Respite Foundation enables cancer patients and their loved ones to strengthen, deepen and unify their relationships by creating unforgettable respite experiences. The Oncology Support Program has partnered with FPS and can nominate cancer patients, ages 21 to 55, to receive a **fully-funded** Travel Respite experience with their caregivers and children. If a patient is unable to travel due to advanced stage cancer, they receive a Staycation Respite experience in their own home. Both experiences are transformative and address the emotional, psychosocial, financial, physical and spiritual traumas that families confront with a cancer diagnosis. After a respite experience, FPS continues to provide priceless emotional support as they partner with community members and families to create small "mini breaks" throughout the year.



For more information, go to: takeabreakfromcancer.org

If you are interested in being nominated, please contact OSP at (845)339-2071 or email: oncology.support@hahv.org

KID/TEEN/FAMILY Connection



For Parents: 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? Would you like to meet with an OSP Social Worker to discuss communicating with your child or teen about cancer? If so, give OSP a call at (845) 339-2071.

For Children/Teens: SUPPORT GROUP FORMING! Does someone close to you have cancer? Would you like to attend a support group to connect with other children or teens sharing a similar experience? If so, please call OSP at (845) 339-2071. We look forward to hearing from you or your parent!

New: The OSP Cancer Survivorship Series for Women

Completing cancer treatment and being considered in remission is a huge milestone and there is much to celebrate. However, there may also be challenges as we enter the surveillance period. Post-treatment is a time when we are no longer in “survival mode,” but have a chance to take a breath and reflect on our experience. It is also a time when we may feel alone and unsupported. During cancer treatment, our doctors, nurses and support staff have been there with us, but what about after treatment is over? How do we deal with an understandable sense of isolation as we resume our lives? How do we cope with the trauma and emotional toll of our diagnosis? What about the effect that our experience has had on our sexuality and relationships? How do we regain a sense of well-being and improve our health?

It helps to know that you are not alone in your struggle to adjust to life after cancer treatment and that you can learn strategies to take charge of your health and ensure your wellbeing. Although everyone’s experience is unique, the OSP Survivorship Series provides a vehicle for you to connect with other women going through a similar experience. The series is geared to **women during the first five years after treatment** and is facilitated by professionals and cancer survivors.

Session I: Ensuring our Emotional Well-being with **Melissa Eppard & Ellen Marshall, MS., LCSW-R, OSW-C** Thursday, February 23, 5:30 p.m.



In this session, Melissa and Ellen will explore common concerns that arise after cancer treatment as you find your “new normal.” You are not alone in experiencing feelings of uncertainty, anxiety, fear of recurrence, body image issues along with changes in your sexuality and relationships. Together, we will explore our unique but common challenges and learn coping skills to help navigate this phase of our lives.

Melissa Eppard is a certified Life Coach and breast cancer thriver. She uses her personal and professional experiences to help others make peace with their bodies, manage fear and uncertainty, and reclaim the fullness of life. She uses guided visualization, mindfulness tools, embodiment practices, and EFT Tapping to empower her clients. She lives and works in Kingston, NY with her family. MelissaEppardCoaching.com. **Ellen Marshall** is Director of OSP and an Oncology Social Worker.

Session II: Nourishing Ourselves and Regaining Wellness with **Jeanette Lamb, RD, CSO** Friday, March 10, 12:00 p.m.



In this session, Jeanette will offer nutritional and dietary recommendations that can help restore our health, energy and sense of well-being post-cancer treatment, with a focus on nutrition guidelines for survivorship.

Jeanette Lamb is a Registered Dietitian & Board Certified Specialist in Oncology Nutrition (CSO). She works at Ulster Radiation Oncology, supporting cancer patients through all phases of cancer treatment.

Session III: Addressing Clinical Concerns in the Post-treatment Phase with **Alessandra Marino, PA** Thursday, April 13, 5:30 p.m.



In this session, Alessandra we will focus on common clinical issues that you may experience once treatment is over. This includes treatment-related toxicities that can develop secondary to chemotherapy or radiation therapy, sexual health concerns after cancer treatment, and the importance of health screenings. The goal is to offer education on important issues and empower you to address these issues with your oncology team during survivorship visits which are an important aspect of comprehensive cancer care.

Alessandra Marino is a Physician Assistant at Westchester Medical Center in the Gynecologic Oncology Department. She holds a Master of Health Science in Physician Assistant Studies and a Master of Science in Applied Anatomy and Physiology. She has worked in the Gynecologic Oncology Department for Westchester Medical Center for seven years and is now the Director of the Adult Oncology Survivorship Program which is being developed to address the ongoing needs of cancer patients after they have completed treatment.



Integrative Cancer Support and Educational Group (Virtual Program)

Moderated by **CancerHope Coach Tara Ryan**, who has considerable experience with conventional and integrative treatments, along with immunotherapy, for the treatment of metastatic melanoma.

Massage Therapy During Cancer Treatment and Recovery with **Gary Brownlee, LMT** Wednesday, Feb. 8, 5:30-6:30 p.m.

Gary Brownlee, License Massage Therapist, graduated from the Swedish Institute in 2004 and recently relocated from New York City to the Hudson Valley. Gary has a wide range of experience as a massage therapist and worked at NYU Langone’s Perlmutter Cancer Center for the last 13 years where he provided massage for people of all ages and at all stages of treatment. His patient-centered approach begins with listening to each person’s needs and level of comfort. In this presentation, Gary will discuss the benefits of massage to those diagnosed with cancer and offer at-home self-massage techniques that can help relieve tension. Gary sees clients at the Woodstock Healing Arts or makes home visits if that is preferable to the client. To contact Gary Bownlee, LMT, email: GaryBrownleeMassage@gmail.com

For info and to receive the virtual link please contact OSP at (845) 339- 2071 or email: oncology.support@hahv.org

The Linda Young Ovarian Cancer Support Program of OSP offers ovarian cancer information, resources, support and education.

Most women with ovarian cancer are diagnosed at later stages since symptoms are often mistaken for common health concerns. If the symptoms below occur almost daily for more than two weeks or are unusual for your body, see your gynecologist.

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 ovarian cancer is suspected, experts recommend a pelvic/rectal exam, a CA-125 blood test and a transvaginal ultrasound. If ovarian cancer is diagnosed, seek out a gynecologic oncologist.

Go to:
[foundationforwomenscancer.org](https://www.foundationforwomenscancer.org)



Linda Young Ovarian Cancer Support Group

facilitated by Ellen Marshall, LCSW-R, OSW-C

4th Wednesdays, Jan. 25, Feb. 22, Mar. 22 & Apr. 26 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.



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/>



SUPPORT CONNECTION

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

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

Clarity Foundation strives to improve the survival and quality of life of women with ovarian cancer by sharing the latest information on treatment options, guiding women to clinical trials where appropriate, offering emotional support and educational resources and providing an online community of information and social support.



<https://www.clarityfoundation.org>

Call: (858) 657-0282



ovarian cancer
research alliance

OCRA's Ovarian Cancer National Conference is the world's largest conference dedicated to sharing the latest, most relevant updates directly with the ovarian cancer community. You can obtain valuable information

by viewing the conference virtually. Topics include: New ovarian cancer treatments, rare ovarian cancers, managing recurrence, understanding genetic testing and counseling and more. To view the conference, go to:

<https://ocrahope.org/events/conference/2022-ovarian-cancer-national-conference-videos/>

Wig Fittings at OSP's Cancer Support House



OSP has an inventory of donated wigs (some new and some gently used) that are available free of charge. We are fortunate that Nina Marinova is available to help with wig fittings. Nina has been a licensed hairstylist for over 10 years. "When my mother passed away from breast cancer in February 2022, I wanted to give back in some way to repay all of the support our family received during my mother's illness. It was a little bit of destiny when I inquired about volunteer opportunities with the Oncology Support Program. OSP needed help organizing its wig inventory and fitting women who are experiencing hair loss due to cancer treatment. It has been such a healing experience for me to help in this small way." —Nina **Please call OSP at (845)339-2071 to schedule an appointment.**

WELLNESS/EXERCISE PROGRAMS

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

Classes are Virtual until further notice. Donations appreciated.



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 Cooking Club with Kathy Sheldon, RN and Bettina Zumdick (Virtual until further notice)



The Miso Cooking Club formed in 2005 to support prevention, healing and recovery through healthy eating practices incorporating a plant-based diet.

Reminder: classes will begin at 11:30 a.m. and will be recorded and made available to those registered. Advance registration is requested to: kathy.sheldon@gmail.com or doris.blaha@hahv.org

Donations appreciated.

All classes feature Bettina Zumdick.



Tuesday, March 7, at 11:30 a.m. — Wake up to Spring Renewal

Let's wake up to spring and renew our bodies and minds. We will prepare for a 'final exam'. Haha!, no exams, but let's do a review of last year's work. What have we learned? How are we incorporating these new food dishes into our daily meals? What questions do we need answered? Bettina will convert her extensive knowledge into understandable basic facts to answer all our concerns and questions. This is the moment to bring your notebooks, if you haven't already. We will try to save time for one recipe. It will be explained, if not demonstrated.

Tuesday, April 4, at 11:30 a.m. — Wake up to Spring and Renew with Ferments

Let's do fermentation! Fermentation of vegetables and other whole foods is a process in which carbs are turned into CO₂ and organic acids via naturally occurring bacteria. Quick pickling is a process that can be completed in a shorter time. Learn the basics of creating fermented food and quick pickles and how these foods benefit your digestive system.

Bettina will provide quick, simple recipes for fermenting.

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

The Miso Cooking Club will be taking a winter break.

There will be NO classes in January & February.— *Kathy Sheldon.*

Perhaps, you can begin the year gathering all your macro recipes a placing them into a binder full of good dishes to build on and choose from. A new list of cookbook titles will be available for your review when we return. Let's have gratitude and happiness in anticipation of the upcoming spring season. May the grass grow and the flowers bloom! — with love, Kathy

Need Support with Advance Directives?



Advance Directives communicate your wishes regarding medical treatment in the event that you are unable to make decisions due to changes in your health or mental status, allowing your loved ones to know and honor your wishes regarding end-of-life care. If you would like to discuss your thoughts with a social worker who can also help you complete forms such as: **Health Care Proxy**, **Living Will** and **MOLST** documents, OSP is here to help. If you would like to make an appointment, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org.

First Comfort Care Home for the Dying opens in the Mid-Hudson Valley



Jim and Lisa's Circle Home will open its doors to its first residents in January 2023. The house is a project of the Kingston-based nonprofit **Circle of Friends for the Dying (CFD)** established in 2012. Special thanks to **Elise Lark**, who founded the Home and has committed herself to its management after serving as a Social Worker at OSP for over 15 years. Gratitude also goes to OSP's Founder, **Barbara Sarah**, for her pivotal role.

Circle Home serves a crucial community need, providing a home for those on Hospice who need care at the end of life but do not have a safe place to spend their final months or a primary caregiver who is available around the clock as their

health declines. Hospice provides medical oversight, while the home's staff and volunteers serve as an extended surrogate family.

For Elise Lark, the vision of establishing a good place to die is about our innate capacity to care for one another. "It's about changing the ways we think about, relate to, and care for those who are dying. It's about creating a good place to live."

The 3,500-square-foot Victorian house, located in Kingston's historic Rondout district, was donated by Jim Gohlke as a bequest after he died. Jim was a member of a support group that Lark facilitated at OSP. Lark believes that as a member of a group which was oriented to people living with advanced cancer, Jim considered the end-of-life options and fears faced by his peers. In the Circle Home, Jim's commitment to helping his peers lives on.

The Circle Home welcomes volunteers to help care for residents or participate in the educational activities at the home - a book/study group, a choir and more. Please call **(845)-802-0970** for information or go to: circlehome.org and see **"Get Involved"**

Hudson Valley Hospice



Hospice is committed to enhancing quality of life, symptom and pain management for those at the end of life. Offering a holistic approach encompassing medical, emotional and spiritual support, Hospice is available at a person's home, in certain nursing facilities and in some local hospitals including the HealthAlliance Hospital. Hospice also provides bereavement services to families of its enrollees. More information about Hospice (including eligibility and require-

ments) is available by calling **(845) 485-2273** or go to: www.hvhospice.org

Ostomy Support Group

Do you have questions that you would like answered by a Nurse who specializes in wound healing and ostomy support? Would you like to share experiences and learn from others in order to maintain or improve your quality of life while living with an ostomy? You are welcome to join this informative and supportive group.

2nd Tuesday of the month, Jan. 10, Feb. 14, Mar. 14 & Apr. 11

4:00-5:00 p.m.

facilitated by Barbara Peterson, RN,CWOCN, Certified Wound Ostomy Continence Nurse

Program is in-person at CSH

For more information, please contact OSP at ext. 100

For more support, go to: <https://www.ostomy.org/our-mission-history/>

United Ostomy Associations of America, Inc. (UOAA) is a 501(c)(3) nonprofit organization that supports, empowers, and advocates for people with ostomy or continent diversion surgery.



Office for the Aging/ NY Connects:

Assists with supports for elderly (60+) and disabled: Legal counsel, Medicare counseling, Home care services, Med-Alerts, Transportation, Home-delivered meals to residents 60+ on a limited income. 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)



Ulster County Community Action Fruit/Vegetable Distribution

Kingston, Highland, Ellenville locations: (845) 338-8750 For more information, go to: <http://uccac.org/>



List of Food Banks & Food Pantries in Ulster County

<https://www.peoplesplace.org/food-pantry-directory/>

The People for People Fund

Assistance for temporary financial need (845) 343-1663



Catholic Charities (financial help)

(845) 340-9170 <https://catholiccharitiesny.org/>



Medicaid Cancer Treatment Program

The MCTP is for eligible persons who are found to be in need of treatment for breast, cervical, colorectal, prostate cancer or pre-cancerous breast or cervical conditions but are **not** covered by a creditable insurance at the time of application. To be enrolled in the MCTP, an individual must complete an application with a New York State Department of Health Cancer Services Program Designated Qualified Entity (DQE)

For more information, contact Selinas Torres at stores@hitch.org or call: (845) 255-3435 ext. 3061.

Local Financial Assistance for our Cancer Community



Rosemary D. Gruner Memorial Cancer Fund:

<https://benedictinehealthfoundation.org/financial-and-support-programs/gruner-fund/>
\$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

Ulster & Greene Counties — call Family: (845) 331-7080, Angely Mendez.
Dutchess & Columbia Counties — call Community Action: (845) 452-5104 ext. 103, Liz Spira Sullivan, Orange & Rockland Counties — call Cornerstone: (845) 220-3154, Elci Mejia

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) 883-7865 or (866) 287-0983 or schedule **online with MAS**. Go to: medanswering.com 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. Call (845) 443-8837 for details.

Program Neighbor-to-Neighbor Transportation Program: (ny.gov)

The American Cancer Society's Road to Recovery Program

offers cancer patients free transportation to cancer-related medical appointments.

To request a ride or if you are interested in becoming a **volunteer driver**, please contact ACS at (800) 227-2345 or visit: www.cancer.org/drive





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.cancercares.org/support_groups



Breast Cancer Options

(845) 339-HOPE ■ www.BreastCancerOptions.org

Support, Health Advocacy & Information
Breast Cancer Support Groups including Mixed, Young Survivors & Metastatic Groups.
Camp Lighthouse 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

Information and access to genetic testing and genetic counseling. Personalized support & resources for women with increased risk of genetic cancer.



SHARSHERET

<https://www.sharsheret.org> (866) 474-2774



Adelphi NY University Breast Cancer Hotline Program. Call (800) 877- 8077
www.adelphi.edu/nysbreastcancer



CARING BRIDGE

ONLINE SUPPORT PLATFORMS

LotsaHelpingHands.com and CaringBridge.org

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 Nest cooks and delivers homemade meals to families struggling through a cancer diagnosis. Parents and guardians of children who live in parts of five Hudson Valley counties, are actively receiving chemotherapy or radiation treatment or are recovering from surgery due to their diagnosis qualify for services. For more information, call (845) 204-9421 or go to: <https://www.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: <https://www.Lungevity.org>
 For the Lung Cancer HELPLine, call (844) 360-5864



Find Resources, Get Educated, Connect to Your Online Community, Join the Cancer Experience Registry, Find a Clinical Trial.
 Contact the Cancer Helpline (888) 793-9355
 For info, go to: <https://www.cancersupportcommunity.org/>

January 2023

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

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





February 2023

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gentle Yoga 10-11am Cancer & Finance 2-4pm Men's Support Grp. 6-7pm	2 Groundhog Day  Memoir Writing Workshop 3-5pm	3 Medical Qigong 8:00-9:15am Breast Cancer Support Group 12-1:30pm	4 World Cancer Day 
5	6 Tai Chi 10:00-11:00am	7 Creative Arts 2-3:30pm Memoir Writing Workshop 5-6:30pm	8 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Grp. 12-1:30pm Integrative Support Group "Massage Therapy During Cancer Treatment and Recovery" 5:30-6:30pm	9 Memoir Writing Workshop 3-5pm	10 Medical Qigong 8:00-9:15am	11
12	13 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm	14 Happy Valentine's Day  Coping Skills: Finding Ease & Inner Balance 12-1:30pm Creative Arts 2-3:30pm Ostomy Support Group 4-5pm Memoir Writing Workshop 5-6:30pm	15 Gentle Yoga 10-11am Caregivers' Support Group 6-7:30pm	16 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	17 Medical Qigong 8:00-9:15am	18
19	20  Tai Chi 10:00-11:00am	21 Creative Arts 2-3:30pm Memoir Writing Workshop 5-6:30pm	22 Ash Wednesday Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	23 Memoir Writing Workshop 3-5pm Survivorship Series "Ensuring our Emotional Well-Being" 5:30pm	24 Medical Qigong 8:00-9:15am	25
26	27 Tai Chi 10:00-11:00am	28 Creative Arts 2-3:30pm Memoir Writing Workshop 5-6:30pm				

March 2023

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gentle Yoga 10-11am Cancer & Finance 2-4pm Men's Support Grp. 6-7pm	2  Memoir Writing Workshop 3-5pm	3 Medical Qigong 8:00-9:15am Breast Cancer Support Group 12-1:30pm	
5	6 Tai Chi 10:00-11:00am	7 Miso Cooking Club "Spring Renewal" 11:30am Creative Arts 2-3:30pm Memoir Writing Workshop 5-6:30pm	8 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Grp. 12-1:30pm	9 Memoir Writing Workshop 3-5pm	10 Medical Qigong 8:00-9:15am Survivorship Series "Nourishing Ourselves & Regaining Wellness 12pm	11
12 	13 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm	14 Coping Skills: Finding Ease & Inner Balance 12-1:30pm Creative Arts 2-3:30pm Ostomy Support Group 4-5pm Memoir Writing Workshop 5-6:30pm	15 Gentle Yoga 10-11am Guided Meditation 3-4:30pm Caregivers' Support Group 6-7:30pm	16 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	17 Medical Qigong 8:00-9:15am	18
19	20  International Happiness Day 20th March Tai Chi 10:00-11:00am	21  Creative Arts 2-3:30pm Memoir Writing Workshop 5-6:30pm	22 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	23 Memoir Writing Workshop 3-5pm	24 Medical Qigong 8:00-9:15am	25
26	27 Tai Chi 10:00-11:00am	28 Creative Arts 2-3:30pm Memoir Writing Workshop 5-6:30pm	29 Gentle Yoga 10-11am	30 Memoir Writing Workshop 3-5pm	31 Medical Qigong 8:00-9:15am	

April 2023

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy April Fool's Day 
2 Palm Sunday 	3 Tai Chi 10:00-11:00am	4 Miso Cooking Club "Renewal with Ferments" 11:30am Creative Arts 2-3:30pm Memoir Writing Workshop 5-6:30pm	5 Gentle Yoga 10-11am Cancer & Finance 2-4pm Men's Support Grp. 6-7pm	6 Memoir Writing Workshop 3-5pm	7 Medical Qigong 8:00-9:15am Breast Cancer Support Group 12-1:30pm	8
9 Happy Easter 	10 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm	11 Coping Skills: Finding Ease & Inner Balance 12-1:30pm Creative Arts 2-3:30pm Ostomy Support Group 4-5pm Memoir Writing Workshop 5-6:30pm	12 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Grp. 12-1:30pm	13 Memoir Writing Workshop 3-5pm Survivorship Series "Addressing Clinical Concerns in the Post-treatment Phase" 5:30pm	14 Medical Qigong 8:00-9:15am	15
16	17 Tai Chi 10:00-11:00am	18 Creative Arts 2-3:30pm Memoir Writing Workshop 5-6:30pm	19 Gentle Yoga 10-11am Caregivers' Support Group 6-7:30pm	20 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	21 Medical Qigong 8:00-9:15am	22 
23	24 Tai Chi 10:00-11:00am	25 Creative Arts 2-3:30pm Memoir Writing Workshop 5-6:30pm	26 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	27 Memoir Writing Workshop 3-5pm	28 Medical Qigong 8:00-9:15am	29
30						

CANCER & FINANCE

A cancer diagnosis brings on financial challenges which contribute to emotional stress.

Questions abound:

**Should I apply for Disability and how do I go about doing so?*

**Are there programs and strategies that I should know about to help with cancer treatment related expenses?*

**How might establishing a "Pooled Trust" help me qualify for Medicaid as a secondary insurance if I am on Medicare and have no supplemental insurance?*

**Do I qualify for the Medicare Savings Plan or EPIC and how may these help me?*

The Oncology Support Program partners with the **Resource Center for Accessible Living** to help answer individual questions.

Meet with **Debbie Denise of RCAL** for an informational session;

**1st Wednesdays, Jan. 4, Feb. 1, Mar. 1,
Apr. 5, 2:00-4:00 p.m.**



Hudson Valley Region

Cancer Services Program

Your partner for cancer screening, support and information

**FREE Cancer Screening for
Uninsured or Underinsured**

Breast Cancer Screening:
Mammogram, Clinical Breast Exam
(age 40-64)

Cervical Cancer Screening:
Pap Test, Pelvic Exam
(age 40-64)

Colorectal Cancer Screening:
FIT Test
(age 50-64)

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

When Giving Is All We Have

We give because someone gave to us.

We give because nobody gave to us.

We give because giving has changed us.

We give because giving could have changed us.

We have been better for it,

We have been wounded by it—

Giving has many faces: It is loud and quiet,

big, though small, diamond in wood-nails.

Its story is old, the plot worn and the pages too,
but we read this book, anyway, over and again:

Giving is, first and every time, hand to hand,
mine to yours, yours to mine.

You gave me blue and I gave you yellow.

Together we are simple green. You gave me

What you did not have, and I gave you

what I had to give—together, we made

something greater from the difference.

By Alberto Ríos. (Used with permission of the author.)

THANK YOU FOR YOUR SUPPORT.



DONATIONS

The Estate of Terry Januzzo

Anna Bentsi-Barnes

Salvation Army
for donating Heart Pillows

Seventh Day
Adventist Church
for providing
holiday baskets
to our community

Fall for Art—
Jewish Federation
of Ulster County

Darshano Alba
Christopher Smith

SPECIAL THANKS TO OUR VOLUNTEERS:

Abigail Thomas, Craig Mawhirt, Kathy Sheldon, Marilyn Fino, Bev Nielsen, Mare Berman, Tara Ryan, Betty Gilpatric, Susan-Rachel Condon, Annie LaBarge, Marianne Neifeld, Bettina Zumdick, Sara Loughlin, Ajamu Ayinde, Melanie Shih, Lindsay Quayle, Barbara Peterson, Dara Marshall, Nina Marinova, Dr. Tana Pradhan, Debbie Denise, Robert Meci, Gene Brodhead, George Campbell, our Nurturing Neighbors and other fabulous volunteers.

READER SUBMISSIONS ARE WELCOME!

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

Please send to

ellen.marshall@hahv.org

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

You can also find this newsletter at:

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

Newsletter:

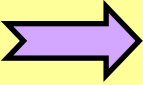
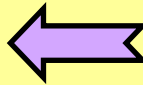
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HealthAlliance Hospital, WMC Health Network
Oncology Support Program
105 Mary's Avenue
Kingston, NY 12401

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

 **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. 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.

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** or
go to: [Donate to HA Donation Page \(wmchealth.org\)](http://wmchealth.org) and in the section "What would you like your donation to support?" please select "**HealthAlliance Oncology Support Center**"

Name: _____ Email: _____

Address: _____

Please make my gift in memory of: _____

Please make my gift in celebration of: _____

Please send acknowledgement to: *Name* _____

Address _____