



A newsletter for cancer patients,  
their families and friends.

*Celebrate Life!*

Sep/Oct/Nov/Dec 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 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](mailto:oncology.support@hahv.org)

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



**HealthAlliance**

Westchester Medical Center Health Network

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

**ADVANCING CARE. HERE.**



## Greetings from OSP

Greetings!



I would like to acknowledge some of the wonderful changes at the Oncology Support Program and at our hospital at large. The renovation of the Mary's Ave. campus has been going strong and we look forward to a time when our medical services will be moving to an updated HealthAlliance Hospital across the street from our Reuner Cancer Support House on Mary's Ave. As those changes are occurring, we also welcome two new medical social workers who will join the staff of OSP – Dominique Paris and James Askin. We look forward to having them as part of our team!

As always, I want to thank all the volunteers who continue to keep our program alive and thriving. It was wonderful seeing so many of you at our inspiring annual cancer survivors event in June and we look forward to seeing you in person or virtually at our many support groups and programs occurring this autumn and winter.

Please check out this newsletter for information about our varied offerings and about other resources that may be helpful to you. We are here to support you and connect you with peers as you move through the cancer continuum — from the point of diagnosis through survivorship or end of life. It is always our honor and privilege to be a part of your journey.

— Look forward to staying connected,

*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, LCSW 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



#### James Askin

I'm very happy to be returning to OSP as a Medical Social Worker. My time at OSP in 2020 as a Fordham Palliative Care Fellow was the highlight of my social work education. Although I have stayed connected since then as facilitator of the Men's Cancer Support Group, I look forward to re-engaging with the OSP community at large in the coming months. I have seen firsthand the profound impact that the program can have on its members – and, perhaps more importantly, that members can have on one another – and am honored to once again play a part.

~James Askin, LMSW



#### Dominique A. Paris

I earned my bachelor's degree from SUNY Oneonta, majoring in both Psychology and Criminal Justice. My commitment and dedication to helping others motivated me to receive my Master's in Social Work (MSW) from Adelphi University.

I am looking forward to starting my career as a Medical Social Worker with the Oncology Support Program. I recognize that all of you have unique needs and I look forward to collaborating with you as we navigate the challenges of a cancer diagnosis together. Thank you for trusting and allowing me to be a part of your journey.

~Dominique A. Paris, MSW





# SUPPORT SERVICES AT OSP

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

Sep. 14, Oct. 12, Nov. 9, Dec. 14

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  
4th Wednesdays, Sep. 28, Oct. 26, Nov. 30  
& Dec. 21 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, Sep. 7, Oct. 5, Nov. 2 & Dec. 7  
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, Sep. 21, Oct. 19, Nov. 16 & Dec. 21  
5:00-6:30 p.m.

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

## Younger Women's Support Group,

facilitated by Dominique Paris, MSW  
3rd Thursdays, Sep. 15, Oct. 20, Nov. 17 & Dec. 15  
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, Sep. 13, Oct. 11, Nov. 8 & Dec. 13  
11:00 a.m.—12:30 p.m.

Please contact OSP at ext. 103

## Living with Advanced Cancer

facilitated by Eillen Marshall, LCSW-R, OSW-C & 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.

3rd Monday, Sep. 19, Oct. 17, Nov. 21 & Dec. 19  
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,  
Sep. 14, Oct. 12, Nov. 9 & Dec. 14  
10:00-11:30 a.m.

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

# CANCER & FINANCE

## SPECIAL PROGRAM

- ◆ Are you aware of the HealthAlliance *Hospital Financial Assistance Program* and want to find out if you qualify and how it may help cover your hospital bills?
- ◆ Do you need help applying for Medicaid, Disability, the Medicare Savings Plan, EPIC or other benefits?
- ◆ Are you confused about which Medicare Plan gives you the best possible coverage and which to choose during the open enrollment period?
- ◆ Are you aware that establishing a Pooled Trust may help you qualify for Medicaid benefits.



*Learn from our local experts!*



**Navigating Medicare with Robert Meci, Medicare Counselor, HICAP Program, Office for the Aging**  
**Accessing Benefits with Debbie Denise, Benefits Advisor, Resource Center for Accessible Living**

**Wednesday, September 28, 1:00-3:00 p.m.**

**Program is virtual and in-person at CSH**

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

**2<sup>nd</sup> Tuesday of the month, Sept. 13, Oct. 11, Nov. 8 & Dec. 13**  
**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.*

## Palliative Care at HealthAlliance Hospital



If you or your loved one is in the hospital and suffering with distress or pain, you can speak with your Doctor or Nurse about a Palliative Care Consult. OSP 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.

## Hudson Valley Hospice



Hospice is committed to enhancing quality of living and managing symptoms and pain for those at the end of life. Hospice services provide medical, emotional and spiritual support and are 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 those who were enrolled in Hospice. A physician referral is required to be enrolled in Hospice but you can get information about Hospice by calling (845) 485-2273 or go to: [www.hvhospice.org](http://www.hvhospice.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](mailto: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, 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.

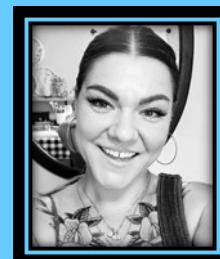
**Tuesdays, 1:00-3:00 p.m.** (Virtual until further notice)

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

### Special Creative Arts Program: MEDITATIVE ART with Lindsay Quayle

Art and meditation offer gentle ways to access our deeper feelings, better understand ourselves and process our experiences related to a cancer diagnosis. Through meditative exercises, we will identify images, forms, colors, shapes and textures that reflect our emotions as we create our own unique work of art. We will also create a special **Collaborative Art Sketchbook. No art experience is necessary!**

Materials: colored pencils, pastels, paint, collage (magazine clippings), clay &/or Sculpey



*Lindsay is 7.5 years into remission from Stage 4B Hodgkins Lymphoma. Art has been a lifeline for Lindsay, especially during her treatment and recovery. With a love for all things creative, she is a Rhode Island School of Design graduate with a BA in Fine Art and Metalsmithing and Art History. She was an industry fashion jewelry designer for a decade. Lindsay has painted in acrylics all her life and is currently working on a mixed media body of work inspired by cross cultural folk motifs throughout history. Lindsay finds great joy in helping her peers process their experiences with cancer through the safety of creative expression.*

**Third Tuesdays, Sept. 20, Oct. 18 & Nov. 15, 10:30 a.m.—12:00 p.m.** (In-person at CSH and Virtual)

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



## Guided Visualization for Healing with Ajamu Ayinde

In this group, Ajamu Ayinde will develop guided visualizations for participants that help:

- (1) eliminate fears and create hope and optimism
- (2) create a new attitude
- (3) deal with the side effects of conventional treatment
- (4) develop cancer elimination imagery.

**Wednesday Oct. 19 and Nov. 16, 3-4:30 p.m.** (Virtual Program)

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

*Ajamu Ayinde, M.A., A.C.H. is a Certified Medical Hypnotherapist and Master Mental Coach with advanced training in pain management and catastrophic illnesses. He received his certification as a Master Practitioner of Neuro Linguistic Programming. Ajamu was the 2004 International Association of Counselors and Therapists (IACT) Therapist of the Year. His work has been featured in local and national newspapers, magazines, internet radio, and cable television. He was the subject of a documentary film by History on Video which showcased African Americans in the field of holistic medicine.*

For more information, go to: <https://ajamuayinde.com>



## Integrative Cancer Support and Educational Group (Virtual Programs)

Participants share resources and experiences with integrative modalities and learn from guest speakers.

Group is coordinated by *CancerHope Coach* Tara Ryan and *OSP Director/Oncology Social Worker/Nutritionist* Ellen Marshall. Moderated by Tara Ryan who has considerable experience with conventional and integrative treatments along with immunotherapy for the treatment of metastatic melanoma.

**Second Wednesdays: 5:30-6:30 p.m.** (Sept. and Dec. programs TBA)

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

## Chinese Medicine for Restoring Balance with Melanie Shih, OMD, L.Ac

**Wednesday, October 12, 5:30-6:30 p.m.**



Melanie Shih, O.M.D, L.Ac will discuss how Chinese medicine practices can safely help cancer patients restore balance in the body, mind, spirit and energy system and help with cancer-related side effects.

Melanie Shih was born into a family with a long lineage of Traditional Chinese Medicine practitioners. She is the daughter of Qi Gong Grandmaster T.K. Shih O.M.D. and De-Ying Huang, O.M.D., co-founders of the Chinese Healing Arts Center. The Chinese Healing Arts Center clinics in Kingston, Rhinebeck and Danbury offer Traditional and Classical Chinese Medicine care. Treatments include acupuncture, moxibustion, qi-healing and herbal medicine.

**Melanie Shih, O.M.D, L.Ac**, *Licensed Acupuncturist, studied meridian theory at the Shanghai Research Institute, did her hospital internship at Hebei Gaocheng Medical School and earned her medical degree at the Nanjing University of Traditional Chinese Medicine. For more information, go to: <http://qihealer.com>*





## September is Gynecologic Cancer Awareness Month

The Linda Young Ovarian Cancer Support Program of OSP offers ovarian cancer support and education 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](http://foundationforwomenscancer.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/>



### SUPPORT CONNECTION

Offers an ovarian cancer national toll-free phone support group.  
Call (800) 532-4290 [www.supportconnection.org](http://www.supportconnection.org)



**CLEARITY** Clearity 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.clearityfoundation.org> Call: (858) 657-0282

### Uterine / Endometrial Cancer with Dr. Tana Pradhan—A Virtual Educational Program

In this presentation, Dr. Pradhan of WMC will offer information about the different types of Uterine /Endometrial cancers, discuss risk factors, how these cancers are diagnosed and the treatments available to women.

**Thursday, December 8, 11:00 a.m.—12:00 p.m.**

Please call (845) 339-2071 or email [oncology.support@hahv.org](mailto:oncology.support@hahv.org) to register & receive the virtual link.

*Dr. Tana Pradhan is the Chief of Gynecologic Oncology & Robotic Gynecologic Surgery at Westchester Medical Center. The Division of Gynecologic Oncology and Robotic Surgery at Westchester Medical Center which was established in 2009. The team provides radical and advanced gynecologic cancer surgery, risk-reducing surgery, infusion services, coordination with radiation oncologists, surveillance and survivorship visits for women with gynecologic malignancies. Dr. Pradhan completed her residency in obstetrics and gynecology at Saint Barnabas Medical Center followed by a fellowship in gynecologic oncology at SUNY Downstate Medical Center. Dr. Pradhan is passionate about providing comprehensive care to women with gynecologic cancers and is actively involved in clinical trials and research.*



### *Wig Fittings at 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, experiencing hair loss due to cancer treatments, with wigs. It has been such a healing experience for me to help in this small way."

**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](mailto: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](mailto:kathy.sheldon@gmail.com) or [doris.blaha@hahv.org](mailto:doris.blaha@hahv.org)  
Donations appreciated.

All classes feature Bettina Zumdick

### ***Tuesday, September 20, at 11:30 a.m.***

This class will offer three dishes featuring lentils, quinoa, a shitake gravy and a nishime style dish.  
Don't miss this perfect start to a cool fall diet.

### ***Tuesday October 18, at 11:30 a.m.***

*October brings brisk days; warm it up with 3 soups. Rice soup with an abundance of nourishing ingredients. Winter squash returns with a spectacular naturally sweet soup with a special topping. A bean soup finishes the trio. Don't miss this special class.*

### ***Tuesday, December 6th at 11:30 a.m.***

*A change of pace for livening up your holiday. All dishes will feature almond milk. We will learn how to prepare the almonds for a sweet holiday drink or perhaps a dessert, and a special, delicious holiday soup.*

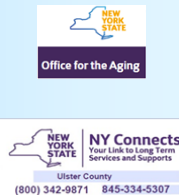
**Bettina Zumdick** is a chef, teacher, counselor and author who has integrated modern knowledge of the West with the wisdom of the East. With a strong background in Food Science and Nutrition from Wilhelm's University in Munster, Germany, she has shared her knowledge of food medicine for over 30 years. 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](http://www.culinarymedicineschool.com)

The Miso Cooking Club will be taking a winter break.  
There will be NO classes in January & February. — *Kathy Sheldon.*



**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**

(845) 343-1663 <https://www.peopleforpeoplefund.org/> Assistance for temporary financial need

**Catholic Charities (financial help)**

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

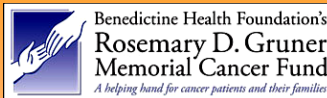


**Medicaid Cancer Treatment Program**

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. Must **not** be 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](mailto:stores@hitch.org) or call: (845) 255-3435 ext. 3061.

**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:**

<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](http://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/ucatsenior-services>

- If you have active **Medicaid**, call (866)883-7865 or (866) 287-0983 or **schedule online with MAS**. Go to: [medanswering.com](http://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.

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



**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](http://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](https://www.cancercare.org/support_groups)**



**Breast Cancer Options**  
SUPPORT, HEALTH ADVOCACY & INFORMATION  
845 339-HOPE (4673) [hope@breastcanceroptions.org](mailto:hope@breastcanceroptions.org)

**Breast Cancer Support Groups including Mixed, Young Survivors & Metastatic Groups.**  
**Camp Lightheart** for children of breast cancer survivors  
**Annual Metastatic Breast Cancer Retreat**

[www.BreastCancerOptions.org](http://www.BreastCancerOptions.org) (845) 339-4673



<https://mesothelioma.net/> 1-800-692-8608 [info@mesothelioma.net](mailto:info@mesothelioma.net)  
An organization dedicated to providing mesothelioma patients with information and support.



<https://www.sharsheret.org> (866) 474- Information and access to genetic counseling. Personalized support & resources for women with increased risk of genetic cancer.



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



**ONLINE SUPPORT PLATFORMS**  
**[LotsaHelpingHands.com](http://LotsaHelpingHands.com) and [CaringBridge.org](http://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/>




# September 2022

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 Memoir Writing Workshop 3-5pm	2 Medical Qigong 8:00-9:15am	3
4	5  CLOSED	6 Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	7 Gentle Yoga 10-11am  Men's Support Group 6-7pm	8 Memoir Writing Workshop 3-5pm	9 Medical Qigong 8:00-9:15am	10
11 Happy Grandparents Day 	12 Tai Chi 10:00-11:00am	13 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm  Creative Arts 1-3pm  Ostomy Support Group 4-5pm  Memoir Writing Workshop 5-6:30pm	14 Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 11am-12:30pm  Integrative Support Group "TBA" 5:30-6:30pm	15 Memoir Writing Workshop 3-5pm  Younger Women's Support Group 5:30-7pm	16 Medical Qigong 8:00-9:15am	17
18	19 Tai Chi 10:00-11:00am  Living with Advance Cancer 2:00-3:30pm	20 Meditative Art 10:30am-12pm  Miso Cooking Club 11:30am  Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	21   Gentle Yoga 10-11am  Caregivers' Support Group 5-6:30pm	22   Memoir Writing Workshop 3-5pm	23 Medical Qigong 8:00-9:15am	24
25 Bike for Cancer Care for the Rosemary Gruner Memorial Fund For more information go to: <a href="http://www.bikeforcancer.org">www.bikeforcancer.org</a>	26 Rosh Hashanah   Tai Chi 10:00-11:00am	27 Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	28 Gentle Yoga 10-11am  Cancer & Finances Special Program 1-3pm  Ovarian Support Group 7-8:30pm	29 Memoir Writing Workshop 3-5pm	30 Medical Qigong 8:00-9:15am	

# October 2022

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	<b>3</b> Tai Chi 10:00-11:00am	<b>4</b> Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	<b>5</b> Yom Kippur   Gentle Yoga 10-11am  Men's Support Group 6-7pm	<b>6</b> Memoir Writing Workshop 3-5pm	<b>7</b> Medical Qigong 8:00-9:15am	8
9	<b>10</b>     Tai Chi 10:00-11:00am  Living with Advance Cancer 2:00-3:30pm	<b>11</b> Coping Skills: Finding Ease & Inner Balance 11am-12:30pm  Creative Arts 1-3pm  Ostomy Support Group 4-5pm  Memoir Writing Workshop 5-6:30pm	<b>12</b> Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 11am-12:30pm  Integrative Support Group "Chinese Medicine" 5:30-6:30pm	<b>13</b> Memoir Writing Workshop 3-5pm	<b>14</b> Medical Qigong 8:00-9:15am	15
16	<b>17</b> Tai Chi 10:00-11:00am	<b>18</b> Meditative Art 10:30am-12pm  Miso Cooking Club 11:30am  Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	<b>19</b> Gentle Yoga 10-11am  Guided Meditation 3-4:30pm  Caregivers' Support Group 5-6:30pm	<b>20</b> Memoir Writing Workshop 3-5pm  Younger Women's Support Group 5:30-7pm	<b>21</b> Medical Qigong 8:00-9:15am	22
23	<b>24</b> Tai Chi 10:00-11:00am	<b>25</b> Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	<b>26</b> Gentle Yoga 10-11am  Ovarian Support Group 7-8:30pm	<b>27</b> Memoir Writing Workshop 3-5pm	<b>28</b> Medical Qigong 8:00-9:15am	29
30	<b>31</b> Happy Halloween   Tai Chi 10:00-11:00am					



# November 2022

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
		<b>1</b> Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	<b>2</b> Gentle Yoga 10-11am  Men's Support Group 6-7pm	<b>3</b> Memoir Writing Workshop 3-5pm	<b>4</b> Medical Qigong 8:00-9:15am	5
<b>6</b> 	<b>7</b> Tai Chi 10:00-11:00am	<b>8</b> Coping Skills: Finding Ease & Inner Balance 11am-12:30pm  Creative Arts 1-3pm  Ostomy Support Group 4-5pm  Memoir Writing Workshop 5-6:30pm	<b>9</b> Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Grp. 11am-12:30pm  Integrative Support Group "Optimal Health for Women during Midlife and Beyond" 5:30-6:30pm	<b>10</b> Memoir Writing Workshop 3-5pm	<b>11</b> Medical Qigong 8:00-9:15am	12
13	<b>14</b> Tai Chi 10:00-11:00am	<b>15</b> Meditative Art 10:30am-12pm  Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	<b>16</b> Gentle Yoga 10-11am  Guided Meditation 3-4:30pm  Caregivers' Support Group 5-6:30pm	<b>17</b> Memoir Writing Workshop 3-5pm  Younger Women's Support Group 5:30-7pm	<b>18</b> Medical Qigong 8:00-9:15am	19
20	<b>21</b> Tai Chi 10:00-11:00am  Living with Advance Cancer 2:00-3:30pm	<b>22</b> Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	<b>23</b> Gentle Yoga 10-11am	<b>24</b> Happy Thanksgiving    <b>CLOSED</b>	<b>25</b>	26
27	<b>28</b> Tai Chi 10:00-11:00am	<b>29</b> Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	<b>30</b> Gentle Yoga 10-11am  Ovarian Support Group 7-8:30pm			

# December 2022

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 Memoir Writing Workshop 3-5pm	2 Medical Qigong 8:00-9:15am	3
4	5 Tai Chi 10:00-11:00am	6 Miso Cooking Club 11:30am  Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	7 Gentle Yoga 10-11am  Men's Support Group 6-7pm	8 Memoir Writing Workshop 3-5pm  Uterine / Endometrial Cancer A Virtual Educational Program 11am-12pm	9 Medical Qigong 8:00-9:15am	10
11	12 Tai Chi 10:00-11:00am	13 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm  Creative Arts 1-3pm  Ostomy Support Group 4-5pm  Memoir Writing Workshop 5-6:30pm	14 Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 11am-12:30pm  Integrative Support Group "TBA" 5:30-6:30pm	15 Memoir Writing Workshop 3-5pm  Younger Women's Support Group 5:30-7pm	16 Medical Qigong 8:00-9:15am	17
18	19 Happy Hanukkah  Tai Chi 10:00-11:00am  Living with Advance Cancer 2:00-3:30pm	20 Creative Arts 1-3pm  Memoir Writing Workshop 5-6:30pm	21   Gentle Yoga 10-11am  Caregivers' Support Group 5-6:30pm  Ovarian Support Group 7-8:30pm	22 Memoir Writing Workshop 3-5pm	23 Medical Qigong 8:00-9:15am	24 Christmas Eve 
25 Merry Christmas 	26 Christmas Observed  CLOSED	27	28	29	30	31 New Year's Eve 





The American Cancer Society is looking for volunteer drivers to join the **Road to Recovery Program** which 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 **1(800) 227-2345** or visit: [www.cancer.org/drive](http://www.cancer.org/drive)



**THE 19TH ANNUAL BIKE FOR CANCER CARE  
5K RUN/WALK SUNDAY  
September 25, 2022 at Dietz Stadium**

**TO BENEFIT THE  
ROSEMARY D. GRUNER MEMORIAL CANCER FUND**

This is a great day for the entire family! Whether you ride the 12, 25, or 50-mile route, run or walk the 5K, there is one common goal – to raise money for families fighting cancer in our community. For more information go to: [www.bikeforcancercare.org](http://www.bikeforcancercare.org)



**Nurturing  
Neighborhood  
Network**

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

You might like to be matched with a Nurturing Neighbor, a local volunteer and cancer survivor trained through OSP to offer peer support. For further information on linking with a Nurturing Neighbor or becoming one yourself, please contact OSP at (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

**THANK YOU FOR  
YOUR SUPPORT.**

**DONATIONS**

- The Estate of Terry Januzzo**
- Fairly New Thrift-shop of  
Fair Street Reformed Church**
- HVFYH - Hudson Valley  
Foundation for Youth Health**
- Linda Roloff**
- Jewish Federation of Ulster County**
- Dolly Wodin for her hand-made quilts**
- Dr. Carol Kessler**



***SPECIAL THANKS TO OUR VOLUNTEERS:***

Abigail Thomas, Craig Mawhirt, Kathy Sheldon, Marilyn Fino, Bev Nielsen, Mare Berman, Tara Ryan, Barbara Sarah, Betty Gilpatric, Annie LaBarge, Marianne Neifeld, Bettina Zumdick, Sara Loughlin, James Askin, Dr. Gulam Manji, Ajamu Ayinde, Jane Barry, Sister Dorothy Huggard, Lindsay Quayle, Corinne Mol, Lia Rosen, Dr. Jon Amadjian, Pete Halvorsen, Earl Pardini, Barbara Peterson, Dara Marshall, 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](mailto:ellen.marshall@hahv.org)

The information in this newsletter is for educational purposes only and is not intended to be used as medical advice. Please consult your physician about questions regarding your treatment. You can also find this newsletter at: <https://www.hahv.org/celebrate-life-newsletter>

**Newsletter:**

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Ellen Marshall**  
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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](mailto: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 \_\_\_\_\_