



A newsletter for cancer patients,
their families and friends.

Celebrate Life!

Sep/Oct/Nov/Dec 2021

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

I would like to thank our staff, interns and volunteers for their continued dedication and for making the Oncology Support Program what it is—a “place” where people touched by cancer find connection, meaning and purpose. Even during COVID, our groups have continued to operate virtually, providing a vehicle for CONNECTION, LEARNING AND CREATIVITY. We will miss last year’s wonderful interns, Sara Loughlin and James Askin, but we are delighted that they plan to stay connected to our Program by each facilitating a support group — the Coping Skills Group and Men’s Cancer Support Group, respectively. We look forward to welcoming our new Social Work Intern, Carla Steckman, who will be with us for this coming year. I’m sure that her life experience and desire to learn from all of you will make her an asset to our team.

We will continue to assess the COVID-related situation. Our goal is a hybrid model, with participants who wish to meet at the Reuner Cancer Support House attending the group here safely, while others join the group from their own homes via computer or phone link. Your safety comes first, so we will always adhere to hospital and New York State COVID guidelines.

OSP has some great programs coming down the pike and since there are too many to mention in this paragraph, please thoroughly check out this newsletter. Whether we meet with you at the Infusion Center, Ambulatory Surgery, on the Inpatient Units, at the Cancer Support House, in Linda’s Healing Garden or on a computer screen, we look forward to staying connected and wish you health, peace and joy.

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

Senior Medical / Certified Palliative Social Worker: Jennifer Halpern, PhD, LMSW, APHSW-C, ext.101, jhalpern@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



My name is **Carla Steckman** and I'm looking forward to being an intern at OSP this year. I am a former elementary school teacher and children's theater director who has spent the past decade raising my three children. My third child, Talia, passed away at 23 months old after her diagnosis of Tay Sachs, a

terminal disease similar to a pediatric form of Alzheimer's. I have lived through the challenges of caregiving through anticipatory grief and learned to balance expectation with reality. In the years since her death, I have written essays about my experience as her mother and in a memoir about how to endure and even thrive during a worst-case scenario. I look forward to attaining my degree in Social Work so I can help others walk the tightrope between joy and sorrow as they move through medical trauma. I especially look forward to working with and learning from all of the wonderful people here at OSP.

— *Carla*



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

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

— *Maya Angelou*

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 Jennifer Halpern, PhD, LMSW, APHSW-C.
Fridays, Sep. 10, Oct. 15, Nov. 12 & Dec. 17
11:00 a.m.-12:30 p.m.
Share common concerns and learn about living with cancer during and after treatment. Please contact OSP at ext.101.

Linda Young Ovarian Cancer Support Group, facilitated by Ellen Marshall, LCSW-R, OSW-C.
Wednesdays, Sep. 29, Oct. 27, Nov. 17 & Dec. 15
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. 1, Oct. 6, Nov. 3 & Dec. 1
6:00-7:30 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 Jennifer Halpern, PhD, LMSW, APHSW-C.
Wednesdays, Sep. 22, Oct. 20, Nov. 17 & Dec. 15
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.101.

Younger Women's Support Group, facilitated by Elise Lark, PhD, LCSW, OSW-C, APHSW-C.
Thursdays, Sep. 23, Oct. 21, Nov. 18 & Dec. 16
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 has partnered with **Young Survival Coalition**

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

YSC is an organization dedicated to addressing the critical issues unique to young women who are diagnosed with breast cancer when they are under the age of 35. To join our local YSC's Younger Women's Support Group social networking page, go to: www.meetup.com/Kingston-NY-Young-Survival-Coalition-Face-2-Face-Network/



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, MS, LCSW-R, OSW-C & Sarah Loughlin, MHC

2nd Tuesdays, 11:00 a.m.—12:30 p.m.

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

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

Cancer Survivorship Group for Women: *"Ever After Cancer"*

From symptoms to diagnosis, surgeries and treatments, cancer is a sudden earthquake in life as we know it. In the best of circumstances, we have stellar professional and personal supports throughout this treacherous and unpredictable journey, giving us a sense that we are not alone and can lean on others. What about after treatment is over, when we are either in a place of remission or ongoing care? What kind of supports are available to sustain us?

As women, we grow up with fairy tales of trauma that resolve in the notion of happily ever after. Yet, after treatment there is no knowing if the cancer will return or flare up, and side effects may impact our quality of life. This can be stressful and isolating. Cultural messages about women often silence us, stirring feelings of anger, shame and grief, telling us that our job is to care for others when, in fact, what we need is radical care of ourselves - our body, mind, emotions and spirit.

This support group will address these very concerns in a forum of empathy and compassion as we move from surviving into thriving. We will gather together in a collaborative and co-creative safe space in which to share our stories, fears, obstacles and strategies. Through guided meditation, mindfulness and discussion, we will explore our unique experiences and self expression as we sister ourselves and each other in the ever after of our lives.

Wednesdays, Sep. 22, Oct. 27, Nov. 17 & Dec. 15
10-11:30 a.m.

Facilitated by Mare Berman, LCSW-R
Contact OSP at ext. 100 or email: oncology.support@hahv.org

Living Well with Advanced Cancer

**1st Thursdays, (except for Dec.): Sep. 2, Oct. 7, Nov. 4 & *Dec. 9,
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



Palliative Care Social Work Inpatient Support

If you are in the hospital and suffering with distress or pain, ask your nurse for a palliative care social work referral. OSP Palliative Care Social Workers can help you learn ways to control your symptoms through complementary techniques, help you communicate your needs and wishes to the medical staff and/or assist you in connecting with a palliative care physician in the community upon discharge.

Outpatient Community-Based Palliative Care and Pain Management Resources

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 — Dr. Maggie Carpenter

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

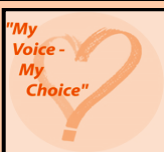
For information, call: (845) 633-8122 or go to: <https://www.nightingalemedical.org>



Dr. Elvis W. Rema

Person-centered pain management in Kingston, N.Y. Treatment for numerous conditions including cancer-related conditions. For information, call: (845) 245-6033 or go to:

<https://www.epain.net>



Choices & Wishes: Advance Care Planning Workshop

Thursday, Nov. 11, 5:00-6:30 p.m.

with 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 facilitated by Mare Berman, LCSW-R

2nd Wednesdays, Sep. 8, Oct. 13, Nov. 10 & Dec. 8, 10:00-11:30 a.m.

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.

Marjorie E. Berman, LCSW-R practices individual, family and group therapy in Woodstock, NY.

Her practice includes working with people living with illness and their loved ones.

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



**Thank you
Ann
Hutton**
for
facilitating
the Friday
Writing
Group for
over
seven
inspiring
years.

Friday Memoir Group

facilitated by
Carla Steckman,
1:00-3:00 p.m.
(beginning Oct. 1)

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.org.

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



Moving Beyond Shame & Making Peace with Your Body

with Melissa Eppard and Charise Isis

What would it be like to move beyond feelings of body shame and judgement?
What would a truly peaceful and loving relationship with your body look like?

Join life coach Melissa Eppard and Grace Project founder and photographer Charise Isis for a guided encounter with a kinder, more loving way of relating to the body. This hour and a half workshop will blend the stress reduction practice of Emotional Freedom Technique (EFT), guided visualization, embodiment practices and creative exploration to inspire a new way of inhabiting your body.

Thursday, October 14,
5:30 – 7:00 p.m.

Melissa Eppard is a *Certified Life Coach and Breast Cancer Thriver*. She uses her personal and professional experiences to help women make peace with their bodies and connect with their purpose so they can move forward with less fear and reclaim the fullness of life.

www.MelissaEppardCoaching.com

Charise Isis is an internationally-renowned photographer who has used her camera to explore issues regarding body image for more than 20 years. She is most known for "The Grace Project," a powerful and transformative project that captures the courage, beauty and grace of those who have had mastectomy surgery as a result of breast cancer.

www.the-grace-project.org

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, 8:30-9:45 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/> NEW START TIME: 11:30 a.m.

Tuesday, September 14th at 11:30 a.m.

Menu Planning and More PART TWO, A lecture with Bettina Zumdick

The discussion continues as seasonal changes influence our choices. We will discuss the importance of varying the menu as we go from summer heat to cool autumn and early winter in preparing our bodies for the cold. We prepare for cooler weather with our choices of cooking methods, as we leave behind summer salads and await warming root vegetables of Fall. We will review Yin and Yang of food as well as concerns, such as what to drink, remembering to chew and eating in moderation. A question and answer opportunity will follow the talk.

Three Classes, Three Dishes, Three Seasons

Cooking Soups, Bean Dishes and Vegetables for late summer, autumn and early winter with Bettina Zumdick. Seasonal changes will be explored. Inspiring dishes will be offered for these next three classes.

Class 1, Tuesday, October 5, 11:30 a.m.

Moving away from summer heat, let's create a warm invigorating soup, perhaps a delicious bean burger on a GF bun, and a sweet Nishime vegetable dish.

Class 2, Tuesday, November 9, 11:30 a.m.

Spilt pea soup is just the thing for cold, windy November days. Add a root veg stew and a veg dish using rutabaga or sweet potatoes to satisfy.

Class 3, Tuesday, December 7, 11:30am

For serious cold and early snow, we add a long-cooked winter stew, a warming miso soup with mochi and a boiled vegetable dish with a sauce.

WINTER BREAK: NO classes January & February

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 Wilhelms 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, go to: www.culinarymedicineschool.com

Integrative Cancer Support and Educational Group

2nd Wednesdays: Sept. 8, Oct. 13, Nov. 10, Dec. 8,
5:30 –7:00 p.m. (Virtual via computer or phone)

Participants share resources and experiences with integrative modalities and learn from guest speakers. We will announce speakers via OSP's weekly email update.

Facilitated by **Tara Ryan**

Tara Ryan is a "*cAnker 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

BIRD WATCHING WALK

with Matt Corsaro

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

We will learn basic skills of bird observation and identification. Please bring binoculars if you have them.

Friday, Sept. 10 at Ashokan Rail Trail, Woodstock Dike trailhead. 9-11:00 a.m.

To register, please contact Matt at (845) 256-9839 or email: mattcorsaro@yahoo.com.



FREE Skin Cancer Screening

sponsored by
 WMC HealthAlliance Hospital and
 Advanced Dermatology, PLLC.



Skin Cancer affects 1 in 5 Americans.

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



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

Sat., Sept. 18, 9:00 a.m. to 1:00 p.m. Location: 315 Grant Ave., Lake Katrine, N.Y.

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

PROTECT AND CHECK YOUR SKIN

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.

(Special Programs for Kids and Teens facing cancer in the family to be scheduled as needed.)

Finding Meaning and Purpose in Life—An Introduction to “Ikigai”

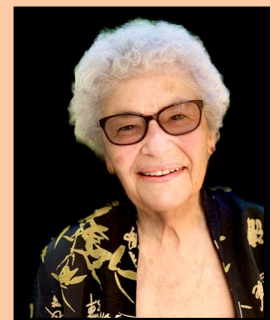
with Barbara Sarah, Social Worker and OSP Founder

Ikigai (ee-key-guy) is 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.”

The concept of Ikigai evolved from research indicating that people facing serious illness have better outcomes when they lead active, meaningful and purposeful daily lives. This is the philosophy that underlies our Oncology Support Program, which for over 25 years has helped people with cancer live lives of meaning and purpose while also benefiting others.

Everyone has his or her particular intersection of passion, talent and potential. It is only a matter of finding it. The journey might require time, self-reflection and effort, but it is one we can all make and which can lead to a more fulfilling life.

In this weekly group, Barbara Sarah, Social Worker and OSP Founder, will lead those whose life has been touched by cancer on the path to exploring and finding their unique sense of meaning and purpose in everyday life.



Thanks for registering by **Sept. 29!**

Tuesdays, Oct. 5, 12, 19, 26 & Nov. 9, 16 3-4:30 p.m.

SEPTEMBER IS OVARIAN CANCER AWARENESS



The Linda Young Ovarian Cancer Support Program of OSP

offers a monthly support group for women diagnosed with ovarian cancer and is committed to educating the community about ovarian cancer symptoms and early detection.

For information about the Linda Young Program or the Ovarian Cancer Support Group, please contact Ellen Marshall, (845) 339-2071 ext. 103

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

Advances in the Treatment of Ovarian Cancer with Dr. Tana Pradhan



Ovarian Cancer is among the most difficult-to-treat cancers when not caught in its earliest stages. Due to the absence of effective screening and the fact that ovarian cancer symptoms tend to be overlooked or mistaken for other health conditions, women are often diagnosed with later-stage disease. The good news is that treatment advances are extending lives and improving the quality of life of many diagnosed women including those with recurrent ovarian cancer.

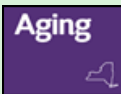
We would like to introduce to our community the Division of Gynecologic Oncology and Robotic Surgery at Westchester Medical Center which was established in 2009. The team provides radical and advanced gynecologic cancer surgery, risk-reducing surgery, infusion services, coordination with radiation oncologists, surveillance and survivorship visits for women with gynecologic malignancies.

In this presentation, Dr. Tana Pradhan will discuss advances in the treatment of ovarian cancer. Dr. Tana Pradhan is the Chief of Gynecologic Oncology & Robotic Gynecologic Surgery at Westchester Medical Center. She 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. Please join us for this informative program.

Friday, September 24, 11:00 a.m.—12:00 p.m. Virtual Program
 To receive the link, please contact OSP at (845) 339-2071 or
 email oncology.support@hahv.org

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)

**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

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

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

For more information, go to: <http://uccac.org/>

CANCER & FINANCE**Navigating MEDICARE**
(virtual program)

Medicare open enrollment runs from October 15 through December 7. During this window, Medicare plan enrollees can reevaluate their coverage and make changes or purchase new policies if they want to do so. Although Medicare is a great benefit, choosing the plan that is right for you can be overwhelming and confusing. This workshop will help you understand your choices.

Learn about **Medicare (Parts A and B); Medicare Prescription Drug Plans (Part D); Medicare Supplemental Plans; Medicare Advantage Plans; EPIC; Part D Extra Help; and the Medicare Savings Program.**

Please join **Robert Meci** for this informative virtual program. Robert has coordinated the HIICAP Program (Ulster County Office of the Aging, Medicare Counseling Program) for over 10 years and has counseled over 5000 seniors and others going on Medicare. We are grateful that he is sharing his knowledge and experience with the OSP community.

Tues. Sept. 28th, 11:00 a.m -12:30 p.m.

To register and receive the virtual link, please call **Oncology Support Program** at (845) 339-2071 or email: oncology.support@hahv.org

**Transportation Assistance to Medical Appointments**

(advance notice required and availability may be limited due to COVID-19)

- 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>

**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)



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.



Gilda's Club

Gilda's Club of Westchester

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

<https://gildasclubwestchester.org/gilda-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.

DEDICATED EXPERIENCED SUPPORT



for women facing breast or ovarian cancer

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



Sparrow's Nest helps families of caregivers diagnosed with cancer or families of children diagnosed with cancer. The fund provides two meals, once a week, to eligible families in which the caregiver or children diagnosed with cancer is in treatment. The fund may also assist families for a period of time after the loss of a loved one. 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)**

September 2021

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 Gentle Yoga 10-11am Men's Support Grp. 6-7pm	2 Living with Advanced Cancer 12:30-2pm Memoir Writing Workshop 3-5pm	3 Medical Qigong 8:30-9:45am	4
5	6  Rosh Hashanah begins at sundown CLOSED	7  Creative Arts 1-3pm	8 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group 5:30-7pm	9 Memoir Writing Workshop 3-pm	10 Medical Qigong 8:30-9:45am Bird Watching Walk (Ashokan Rail Trail) 9-11am Women's Support Grp. 11am-12:30pm	11
12 	13 Tai Chi 10:00-11:00am	14 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Miso Happy Cooking "Menu Planning and More" (part 2) 11:30am Creative Arts 1-3pm	15 Gentle Yoga 10-11am	16  Memoir Writing Workshop 3-5pm	17 Medical Qigong 8:30-9:45am	18 Skin Cancer Screening 9am-1pm Advanced Dermatology 315 Grant Ave., Lake Katrine, N.Y.
19	20 Tai Chi 10:00-11:00am	21  Creative Arts 1-3pm	22  Gentle Yoga 10-11am "Ever After Cancer" Survivorship Group 10-11:30am Caregivers' Support Group 5-6:30pm	23 Memoir Writing Workshop 3-5pm Young Women's Support Group 5:30-7pm	24 Medical Qigong 8:30-9:45am Advances in Treatment of Ovarian Cancer 11am-12pm	25
26 Gruner Fundraiser "Bike for Cancer Care" www.benedictinehealth foundation.org	27 Tai Chi 10:00-11:00am	28 Cancer & Finances "Navigating MEDICARE" 11am-12:30pm Creative Arts 1-3pm	29 Gentle Yoga 10-11am Ovarian Support Group 7-8:30pm	30 Memoir Writing Workshop 3-5pm		

October 2021

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 8:30-9:45am Memoir Writing II 1-3pm	2
3	4 Tai Chi 10:00-11:00am	5 Miso Happy Cooking "Three Classes, Three Dishes, Three Seasons, Class 1 11:30am Creative Arts 1-3pm Finding Meaning & Purpose Workshop 3-4:30pm	6 Gentle Yoga 10-11am Men's Support Grp. 6-7pm	7 Living with Advanced Cancer 12:30-2pm Memoir Writing Workshop 3-5pm	8 Medical Qigong 8:30-9:45am Memoir Writing II 1-3pm	9
10	11 Indigenous People Day Columbus Day Tai Chi 10:00-11:00am	12 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Creative Arts 1-3pm Finding Meaning & Purpose Workshop 3-4:30pm	13 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group 5:30-7pm	14 Memoir Writing Workshop 3-5pm Making Peace with Your Body 5:30-7pm	15 Medical Qigong 8:30-9:45am Women's Support Grp 11am-12:30pm Memoir Writing II 1-3pm	16  WORLD FOOD DAY
17	18 Tai Chi 10:00-11:00am	19 Creative Arts 1-3pm Finding Meaning & Purpose Workshop 3-4:30pm	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 Medical Qigong 8:30-9:45am Memoir Writing II 1-3pm	23
24	25 Tai Chi 10:00-11:00am	26 Creative Arts 1-3pm Finding Meaning & Purpose Workshop 3-4:30pm	27 Gentle Yoga 10-11am "Ever After Cancer" Survivorship Group 10-11:30am Ovarian Support Group 7-8:30pm	28 Cancer & Finance "Navigating Medicare" 11am-12:30pm Memoir Writing Workshop 3-5pm	29 Medical Qigong 8:30-9:45am Memoir Writing II 1-3pm	30
31 						

November 2021

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 Tai Chi 10:00-11:00am	2 Election Day Creative Arts 1-3pm	3 Gentle Yoga 10-11am Men's Support Grp. 6-7pm	4 Living with Advanced Cancer 12:30-2pm Memoir Writing Workshop 3-5pm	5 Medical Qigong 8:30-9:45am Memoir Writing II 1-3m	6
7  Daylight Savings Time Ends Set your clocks back 1 hour	8 Tai Chi 10:00-11:00am	9 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Miso Happy Cooking "Three Classes, Three Dishes, Three Seasons, Class 2" 11:30am Creative Arts 1-3pm Finding Meaning & Purpose Workshop 3-4:30pm	10 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group 5:30-7pm	11  Veterans Day Honoring All Who Served Memoir Writing Workshop 3-5pm Advance Care Planning 5-6:30pm	12 Medical Qigong 8:30-9:45am Women's Support Grp. 11am-12:30pm Memoir Writing II 1-3pm	13
14	15 Tai Chi 10:00-11:00am	16 Creative Arts 1-3pm Finding Meaning & Purpose Workshop 3-4:30pm	17 Gentle Yoga 10-11am "Ever After Cancer" Survivorship Group 10-11:30am Caregivers' Support Group 5-6:30pm Ovarian Support Group 7-8:30pm	18 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	19 Medical Qigong 8:30-9:45am Memoir Writing II 1-3m	20
21	22 Tai Chi 10:00-11:00am	23 Creative Arts 1-3pm	24 Gentle Yoga 10-11am	25 HAPPY THANKSGIVING  CLOSED	26	27
28 Hanukkah begins at sundown	29 Happy Hanukkah  Happy Hanukkah Tai Chi 10:00-11:00am	30 Creative Arts 1-3pm				

December 2021

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 Gentle Yoga 10-11am Men's Support Grp. 6-7pm	2 Memoir Writing Workshop 3-5pm	3 Medical Qigong 8:30-9:45am Memoir Writing II 1-3pm Annual Holiday Celebration 6pm	4
5 	6 Last Day of Hanukkah Tai Chi 10:00-11:00am	7 Miso Happy Cooking "Three Classes, Three Dishes, Three Seasons, Class 3 11:30am Creative Arts 1-3pm	8 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Integrative Support Group 5:30-7pm	9 Living with Advanced Cancer 12:30-2pm Memoir Writing Workshop 3-5pm	10 Medical Qigong 8:30-9:45am Memoir Writing II 1-3pm	11
12	13 Tai Chi 10:00-11:00am	14 Coping Skills: Finding Ease & Inner Balance 11am-12:30pm Creative Arts 1-3pm	15 Gentle Yoga 10-11am "Ever After Cancer" Survivorship Group 10-11:30am Caregivers' Support Group 5-6:30pm Ovarian Support Group 7-8:30pm	16 Memoir Writing Workshop 3-5pm Younger Women's Support Grp. 5:30-7pm	17 Medical Qigong 8:30-9:45am Women's Support Grp. 11am-12:30pm Memoir Writing II 1-3pm	18
19	20 Tai Chi 10:00-11:00am	21  Creative Arts 1-3pm	22 Gentle Yoga 10-11am	23 Memoir Writing Workshop 3-5pm	24  CLOSED (Christmas Day Observed)	25 Merry Christmas 
26	27	28	29	30	31  CLOSED (New Year's Day Observed)	Jan 1  Happy New Year!!

OSP Annual Holiday Celebration

We look forward to celebrating the holidays with you again and will be sending out details about our Annual Holiday Celebration.

Please SAVE the DATE:

Friday, December 3, 6:00 p.m.



We Lovingly Remember:

William Accorsi
Dean Baker
Mary Bishop

Myrna Capaldi
Richard Carageane
Kevin Chase

Arthur Dinapoli
Robert Duffy
Betty Ferraro
Lisa Morris
Logan Rohrkemper
Benji Whitcomb



The 18th Annual Bike for Cancer Care 5K Run/Walk is going LIVE this year! Sunday, September 26, 2021

In partnership with the family of Rosemary D. Gruner, the Benedictine Health Foundation established the **Rosemary D. Gruner Memorial Cancer Fund** in 2004 to aid in the treatment, care and support of cancer patients in need. Since its inception, they have provided more than \$1,000,000 in financial assistance to over 2200 individuals diagnosed with cancer in the Mid-Hudson Valley. 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.benedictinehealthfoundation.org

Local Financial Assistance for the Cancer Community

The Rosemary 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: 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, ext.142 or ext.124. www.milesofhope.org

THANK YOU FOR YOUR SUPPORT.

Barbara Sarah
Thomas E. Lasher Sr.
Tara Ryan

Janet Dow
Ruth Kopelman
Patricia Lunior

DONATIONS

Adam's Fair Acre Farms
Kingston City School District
Pillow Fight for Cancer, Students
& Ms. Andrea Demosthenes

SPECIAL THANKS TO OUR VOLUNTEERS:

Ann Hutton, Abigail Thomas, Craig Mawhirt, Kathy Sheldon, Marilyn Fino, Bev Nielsen, Mare Berman, Tara Ryan, Sister Dorothy Huggard, Father Martin, Barbara Sarah, Aileen Walsh, Dr. Richard Carvajal, Melissa Eppard, Betty Gilpatric, Annie LaBarge, Marianne Neifeld, Bettina Zumnick, 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.

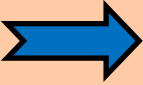
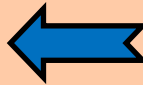
You can also find this newsletter at: <https://www.hahv.org/celebrate-life-newsletter>

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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. 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 _____