

# ONCOLOGY SUPPORT PROGRAM OF HEALTHALLIANCE HOSPITAL



A newsletter for cancer patients,  
their families and friends.

*Celebrate Life!*

Jan/Feb/Mar/Apr 2025

## 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 the Cancer Support House (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

Email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

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



**HealthAlliance  
Hospital**

Westchester Medical Center Health Network

**ADVANCING CARE. HERE.**

# Greetings from OSP



L. to R. : Kevin Kraft, Marina Krupp, Ellen Marshall, Catherine Gleason, James Askin

The staff and volunteers of the Oncology Support Program are committed to making sure that you are not alone in facing the challenges of cancer. Whether you are newly diagnosed, a cancer survivor or a caregiver to a loved one diagnosed with cancer, our program is here to help. OSP offers group and individual emotional support and we work diligently to help you access community resources as you navigate an experience that we know can be overwhelming.

We are grateful to our volunteers who facilitate the healing arts programs that help you connect with others while exploring creative outlets.

Our wellness programs provide a vehicle for you to move, nourish yourself, relax and meditate so that you can positively impact your health and sense of well-being. We sincerely thank our compassionate Nurturing Neighbors for expanding OSP's reach and we thank our donors for their continued commitment to serving our community. .

Please take a look at this newsletter and make note of any programs or services that you may find helpful. Don't hesitate to give us a call at **845 339-2071** or stop by the **Reuner Cancer Support House at 80 Mary's Ave.** We look forward to seeing you either in person or through one of our virtual programs. Let's keep our hearts open, connected and warm during these next few months of winter.

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

## ONCOLOGY SUPPORT PROGRAM STAFF (845) 339-2071

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Founder: Barbara Sarah, LCSW



### THANKS TO OUR VOLUNTEERS:

Craig Mawhirt, Gene Fischer, Marilyn Fino, Beverly Nielsen, Mare Berman, Marianne Neifeld, Annie LaBarge, Bettina Zumdick, Barbara Peterson, Katie Clayton, Debbie Denise, Samantha Phelan, David Schneider, our Nurturing Neighbors and other fabulous volunteers.

### WELCOME TO OUR NEW SOCIAL WORKER!



I am an Ulster County native and currently live here with my husband, 1 year old daughter and two cats.

I graduated from Adelphi University in 2019 with my Masters in Social Work. Since then I have been honored to work in my community in two different roles; first as a Family Counselor at Families Now, and then as a Medical Social Worker at Hudson Valley Hospice.

I am looking forward to continuing my work as a Medical Social Worker at OSP and will be here to support you with knowledge and compassion as you navigate your health journey.

*Marina Krupp, LMSW*

### THANK YOU TO OUR DONORS:

Diane Peterson  
Radio Woodstock CARES Foundation  
Jewish Federation of UC—Fall for Art  
Salvation Army Pillow Volunteers  
Dolly Wodin  
Ulster Hose Company No. 5

### Newsletter:

Writer and Editor: *Ellen Marshall* Graphic Designer: *Doris Blaha* Proofreader: *James Askin*

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>

# SUPPORT GROUPS AT OSP

If you would like to 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 virtual, in-person at CSH (Cancer Support House) or Hybrid.

## Women's Cancer Support Group

2nd Wednesdays, Jan. 8, Feb. 12, Mar. 12, Apr. 9  
12:00—1:30 p.m.

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

3rd Wednesdays, Jan. 15, Feb. 19, Mar. 19, Apr. 16  
5:30—7:00 p.m.

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

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.

## Younger Women's Cancer Support Group

4th Mondays Jan. 27, Feb. 24, Mar. 24, Apr. 28  
5:30—7:00 p.m.

facilitated by Marina Krupp, LMSW

Share concerns common to young women with cancer: body image, managing work, sexuality and intimacy, relationships, fertility, talking to children about cancer. For women, age 55 and younger, with any type of cancer.

## Men's Cancer Support Group,

1st Thursdays, Jan. 2, Feb. 6, Mar. 6, Apr. 3  
6:00—7:00 p.m.

facilitated by James Askin, LMSW

A supportive, confidential setting for men who have been diagnosed with any type of cancer.

## Caregivers' Support Group,

3rd Mondays, Jan. 20, Feb. 17, Mar. 17, Apr. 21  
6:00—7:30 p.m.

facilitated by James Askin, LMSW

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

## Linda Young Ovarian Cancer Support Group



Linda's  
Healing  
Garden



Wednesdays, Jan. 22, Feb. 26, Mar. 26, Apr. 23  
5:30—7:00 p.m.

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

An informative and supportive setting for women diagnosed with ovarian cancer at any stage.

## Finding Ease and Inner Balance:

### *Coping Skills and Mindfulness Practices*

1st Tuesdays, Jan. 7, Feb. 4, Mar. 4, Apr. 1



12:00—1:30 p.m.



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

Whether you are newly diagnosed, in active treatment, a survivor or a caregiver, cancer can be overwhelming and may be experienced as a trauma. In this group, we will develop skills to help regulate our nervous systems and find balance as we face cancer-related stressors.

This group integrates techniques of Somatic Experiencing, DBT, EFT, yoga breathing practices, mindfulness and guided meditations.

## Living with Advanced Cancer

2nd Mondays, Jan. 13, Feb. 10, Mar. 10, Apr. 14  
2:00—3:30 p.m.

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.

## Loss and Bereavement Support Group

2nd Wednesdays, Jan. 8, Feb. 12, Mar. 12, Apr. 9  
10:00—11:30 a.m.

facilitated by Mare Berman, LCSW-R

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

## NURTURING NEIGHBOR 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 cancer survivor, trained through OSP to offer peer support.

For further information on linking with a Nurturer or becoming one yourself, please contact OSP at (845) 339-2071 or email: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)



*Making art can help you express yourself, relax, connect with others, reduce stress and simply feel better!*

### Join our Creative Arts Group

facilitated by volunteer artists  
**Marilyn Fino & Bev Nielsen**  
Enjoy drawing, painting, crafting,  
needle felting, jewelry making,  
and more!

**Tuesdays, 1:30—3:30 p.m.**  
Virtual and/or in-person at the  
Cancer Support House

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



### Why Me? written by Amy Hallock

I am sure at one time or another you have asked yourself the question, “Why me? Why do I have cancer?” I know I did. I was diagnosed with left breast cancer at the age of 34. I completed the recommended chemo and radiation following a lumpectomy. The treatment plan seemed to be working until the age of 42 when another breast cancer was found on the right breast after a routine mammogram. It was at this time that my breast specialist recommended genetic testing because of my age and the recurrence. A tissue sample was sent for genetic testing and it concluded that I have a TP53 gene mutation.

A mutation can exist in the TP53 gene causing the condition called Li-Fraumeni Syndrome (LFS). When the TP53 gene mutates, the protein it produces can't control cell proliferation and can't trigger death (apoptosis) in cells with damaged DNA. This can lead to uncontrolled cell division and tumor growth. Li-Fraumeni Syndrome increases the risk of cancer to 90% in your life time. Some of the cancers associated with LFS are colon, pancreatic, brain, liver, osteosarcoma and breast cancer.


The TP53 is a germline mutation which means it is typically inherited from a parent and should be considered in people who have been diagnosed with cancer younger than 45 years or have a history of a family member who had cancer younger than 45. It is also important that your children are tested.


Screening is key. With the diagnosis of LFS, you should have comprehensive physical exams every six month, annual body MRI, breast exams, endoscopy/colonoscopy every two to five years and skin exams annually; screening type should be determined by the genetic counselor and oncologist/primary care physician.

So for me, maybe the answer to “why me?” is to educate everyone about Li-Fraumeni Syndrome and emphasize the importance of screening and recommended imaging. Life will always throw stuff at you, but your health has to be #1. Treatment and remission is easier if you catch cancer early. Trust me, I know. -Amy Hallock

### OSP Memoir Writing Workshops

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

**Mondays with Annie LaBarge:**   
4:00—5:30 p.m. Virtual via computer or phone.

**Thursdays with Craig Mawhirt:**   
3:00—5:00 p.m. Virtual via computer or phone.

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

### Support for Couples Facing Cancer

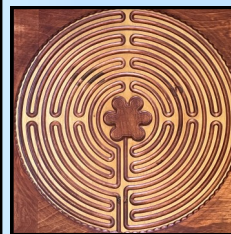
The stress of a cancer diagnosis and treatment can take a toll on intimate relationships. Uncertainty, changing roles, financial challenges, body image and sexual issues, guilt, grief and anger are likely to surface while communication can become more challenging.

OSP offers emotional support to couples to help improve communication and develop effective coping skills.

If you would like to schedule a couples session, please call OSP at (845) 339-2071

### Mindfulness Practices

facilitated by Kevin Kraft, MSW Intern



In this series, we'll explore meditation and visualization techniques designed to help us navigate uncertainty, cultivate present-moment awareness, and develop a deeper understanding. By focusing on these practices, we'll learn to manage unhelpful thoughts, access our intuitive wisdom, and set meaningful intentions for our journey.

One tool we will use is the finger Labyrinth. Tracing the path of the Labyrinth is calming, relaxing and invites you on a tactile journey of self-reflection, contemplation and renewal.

Join us for this experiential workshop.  
**3rd Tuesdays,**  
**Jan. 21, Feb. 18, Mar. 18, Apr. 15**  
**5:30-7:00 p.m.**

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

### Free Wigs & Mastectomy Supplies

OSP has an inventory of wigs, mastectomy bras and breast prostheses available **FREE OF CHARGE** to women undergoing cancer treatment.

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

## Experience with Stomach Cancer written by Michael Wallace



Two words that I did not expect nor want to hear from a doctor were “stomach cancer.” On Friday, January 13, 2023, my gastroenterologist detected my cancer while conducting an upper endoscopy. Although I could tell that he was concerned with his findings, it would take a few more weeks and further analysis to learn what this meant.

After living with lymphoma since 2003 and receiving three rounds of treatment and constant monitoring, cancer was not new to me. In 2023, however, I was shaken by the prospect of stomach cancer. Fortunately, my Kingston gastroenterologist and my team of oncologists and surgeons moved quickly to ascertain the nature of my malignancy. CT and PET scans and a laparoscopic biopsy of my abdomen concluded that the cancer was advanced (stage 2-3) but localized. A round of four chemotherapy sessions reduced the size and aggressiveness of the tumor. Because of the involvement of the esophagus, my surgeon referred me to a thoracic surgeon.

The decision I had to make was whether to continue with chemotherapy and possible radiation therapy or choose surgery. The cure rate for this type and stage of cancer was much higher with surgery than chemo/radiation alone. After two meetings with the thoracic surgeon, who had excellent credentials, extensive experience, and spoke with quiet confidence, I opted for surgery and a second round of FolFox chemotherapy. The laparoscopic surgery required the removal of my entire stomach and part of my lower esophagus; the esophagus was then attached directly to my small intestine.

During my eight days in the hospital and for six weeks at home, I received nutrition via a feeding tube. With the help of my medical team (including a nutritionist) and my wife, Miriam, I transitioned first to a liquid diet and then to one containing soft foods. My surgeon said that the small intestine would “learn” to digest solid food in four to six months. Little by little I added back solid foods in small portions, more frequent meals, and a lot of chewing before swallowing. Although I lost 25 pounds, my weight has stabilized and I am now eating a near-normal diet.

The chemotherapy after surgery initially caused more side effects and fatigue than it had prior to surgery. I was evaluated by my team and no “red flags” were found, but my oncologist reduced my dosage and gave me an extra week to recover. As a result, I had no extended side effects. I am now being monitored by my oncologist and my surgeon with blood labs and CT scans. I keep my gastroenterologist and PCP informed of the outcomes of these assessments.

Thinking about this experience reinforces my belief in good communication with my medical team. I report symptoms and follow their professional advice. Because of my lifestyle (no processed food, little red meat, no alcohol, no smoking) I did not expect to get stomach cancer. In fact, it is a rare cancer for which there is no screening. However I did have symptoms of indigestion before the January '23 endoscopy. It's hard to know the significance of some bodily feelings, especially as we age (I'm 81), but I'd say...don't take anything for granted. Without becoming hypochondriacal, get check-ups and have tests to find root causes of symptoms that are more than incidental.

Although I am a veteran with a long history of cancer treatment, I was on a bit of a “roller coaster” in 2023. With my lymphoma, I had a certain underlying confidence about responding to treatment. This new stomach cancer diagnosis initially led to a feeling of frustration, which almost led me to take the easiest treatment. But one morning I woke up and told myself to choose the optimal treatment. From that point on, I felt comfortable with my situation and confident about my medical care team. A large part of this journey is the love I've received from my chief caregiver, Miriam, and from friends, family, and neighbors, for which I am eternally grateful. *-Michael Wallace*

## 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> Tuesdays, Jan. 14, Feb. 11, Mar. 11, Apr. 8, 4:00—5:00 p.m.**

In person at the Cancer Support House

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

## 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)

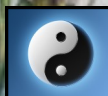
Classes are Virtual until further notice. Donations appreciated.



**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.



**Gentle Yoga class with Shokuchi Deirdre Carrigan: Wednesdays, 10:00-11:00 a.m.** A gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing.



**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, a researcher and instructor at Memorial Sloan Kettering Cancer Center. 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>

## **Moving for Life Dance Exercise for Health**

Dance Exercise is geared to women recovering from breast and other cancers. Classes include a warm-up, gentle aerobics and strength training through dance, followed by a cool-down.

For a list of classes, go to <https://www.movingforlife.org/classes>



## **Advance Care Planning**



Oncology Support Program Social Workers are available to help you complete Advance Directives — documents that ensure that your wishes and choices regarding medical treatment are known if you become unable to advocate for yourself in a medical setting. We can help you prepare your Health Care Proxy and Living Will, and can help you navigate a MOLST (Medical Orders for Life-Sustaining Treatment) form.

Call OSP at (845) 339-2071 to make an appointment.

## **Miso Cooking Club with Bettina Zumdick**

### Best of Winter Cooking

**Tues., February 11th, 4:00 p.m.**

Learn how to make satisfying and strengthening dishes to boost your immunity & vitality

### Delicious Diet Fundamentals

**Tues., March 11th, 4:00 p.m.**

Discover delicious everyday dishes that support your physical and emotional wellbeing.

### Holistic Approach to Breast Cancer

**Tues., April 8th, 4:00 p.m.**

Understanding breast cancer from the perspective of traditional Chinese Medicine.



*Virtual until further notice. (Classes will be recorded and made available to those registered.)*

Advance registration is requested to: [oncology.support@hahv.org](mailto:oncology.support@hahv.org)

*Miso Cooking Club formed in 2005 to support prevention, healing and recovery through healthy eating practices incorporating a plant-based diet. All classes feature Bettina Zumdick, chef, teacher, author and co-director of Planetary Health.*

**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. (845) 340-3456 or go to <https://ulstercountyny.gov/aging>



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

Assists with benefits applications and advisement, Medicaid coordination, Pooled Trusts, Nursing Home Transition & Diversion. (845) 331-0541 <https://www.rcal.org>



**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 <https://jfsulster.org/>



**Ulster County Community Action Fruit/Vegetable Distribution**

Kingston, Highland, Ellenville locations: (845) 338-8750 <https://uccac.org>



**Family Reach:** Free resources for food, housing, utilities and transportation.

(857) 233-2764 <https://familyreach.gethelp.com/>



**Peoples Place:** Thrift store, food pantry, community café, <https://www.peoplesplace.org>

(845) 338-4030



**The People for People Fund:**

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



**Catholic Charities:** (financial help)

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



**Sparrow's Nest:** cooks & delivers homemade meals to families living through a cancer diagnosis

(845) 204-9421 <https://www.sparrowsnestcharity.org>

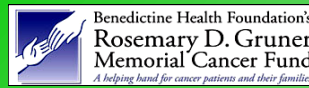


**Breast Cancer Options:**

Support, health advocacy & information. Peer-led Breast Cancer Support Groups, *Camp Lightheart* for children of breast cancer survivors, and annual *Metastatic Breast Cancer Retreat* (845) 339-HOPE <https://www.breastcanceroptions.org>



**Local Financial Assistance:**



**Rosemary D. Gruner Memorial Cancer Fund:**

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

\$800 in 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.miles-of-hope.org](http://www.miles-of-hope.org)



Ulster & Greene Counties: *Cornerstone* Vanessa Romero, Grants Coordinator: Phone: (845) 926-3623 Fax: (877) 893-4349 Email: [Vromero@cornerstonefh.org](mailto:Vromero@cornerstonefh.org)

Dutchess County: *Community Action Partnership of Dutchess County* Liz Spira, CEO Phone: 845-452-5104 x103 Fax: (845) 625-1510 Email: [Espira@dutchesscap.org](mailto:Espira@dutchesscap.org)

**Other Contacts:**

<https://miles-of-hope.org/programs/financial-assistance/>

**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
- Call UCAT at (845) 340-3333 for a ride or download the application at: [Senior Services | Ulster County \(ulstercountyny.gov\)](http://SeniorServices|UlsterCounty(ulstercountyny.gov))
- Paratransit ADA** for those with a disability. Must complete an application. For information, call (845) 334-8135 or go to: <https://ucat.ulstercountyny.gov/ada-paratransit/>
- If you have active **Medicaid** and need assistance with transportation to medical appointments, call: (866) 932-7740 or (866) 287-0983 or **schedule online with MAS. Go to: [medanswering.com](http://medanswering.com)** Advance notice required.
- Neighbor-to-Neighbor Program** Volunteer drivers for eligible seniors. Call (845) 443-8837 or go to: [Program Neighbor-to-Neighbor Transportation Program: \(ny.gov\)](http://ProgramNeighbor-to-NeighborTransportationProgram:(ny.gov))
- GoGo Transportation Program** is now available for older adults for the purpose of grocery shopping, trips to the pharmacy, and visits to loved ones in a hospital, nursing home or hospice within Ulster County. Call OFA at (845) 340-3456 or go to: <https://ulstercountyny.gov/aging>

The *Oncology Support Program* has partnered with **For Pete's Sake Cancer Respite Foundation** to nominate cancer patients, ages 21-55, to receive a **Travel or Staycation Respite** with their families. For info, go to: [takeabreakfromcancer.org](http://takeabreakfromcancer.org) and call OSP at (845)339-2071.



# January 2025

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> <b>Happy New Year</b>  <b>CLOSED</b>	<b>2</b> <b>Last Day of Hanukkah</b>  <b>Memoir Writing Workshop</b> 3-5pm  <b>Men's Support Group</b> 6-7pm	<b>3</b> <b>Medical Qigong</b> 8:00-9:15am	<b>4</b>
<b>5</b>	<b>6</b> <b>Tai Chi</b> 10:00-11:00am  <b>Memoir Writing Workshop</b> 4-5:30pm	<b>7</b> <b>Coping Skills for Cancer</b> 12-1:30pm  <b>Creative Arts</b> 1:30-3:30pm	<b>8</b> <b>Gentle Yoga</b> 10-11am  <b>Loss &amp; Bereavement Group</b> 10-11:30am  <b>Women's Support Group</b> 12-1:30pm	<b>9</b> <b>Memoir Writing Workshop</b> 3-5pm	<b>10</b> <b>Medical Qigong</b> 8:00-9:15am	<b>11</b>
<b>12</b>	<b>13</b> <b>Tai Chi</b> 10:00-11:00am  <b>Living with Advanced Cancer</b> 2:00-3:30pm  <b>Memoir Writing Workshop</b> 4-5:30pm	<b>14</b> <b>Creative Arts</b> 1:30-3:30pm  <b>Ostomy Support Group</b> 4-5pm	<b>15</b> <b>Gentle Yoga</b> 10-11am  <b>Women's Evening Support Group</b> 5:30-7pm	<b>16</b> <b>Memoir Writing Workshop</b> 3-5pm	<b>17</b> <b>Medical Qigong</b> 8:00-9:15am	<b>18</b>
<b>19</b>	<b>20</b> <b>Marlin Luther King Day</b>  <b>Tai Chi</b> 10:00-11:00am  <b>Memoir Writing Workshop</b> 4-5:30pm  <b>Caregivers' Support Group</b> 6-7:30pm	<b>21</b> <b>Creative Arts</b> 1:30-3:30pm  <b>Mindfulness</b> 5:30-7pm	<b>22</b> <b>Gentle Yoga</b> 10-11am  <b>Ovarian Support Group</b> 5:30-7pm	<b>23</b> <b>Memoir Writing Workshop</b> 3-5pm	<b>24</b> <b>Medical Qigong</b> 8:00-9:15am	<b>25</b>
<b>26</b>	<b>27</b> <b>Tai Chi</b> 10:00-11:00am  <b>Memoir Writing Workshop</b> 4-5:30pm  <b>Younger Women's Support Group</b> 5:30-7pm	<b>28</b> <b>Creative Arts</b> 1:30-3:30pm	<b>29</b> <b>Gentle Yoga</b> 10-11am	<b>30</b> <b>Memoir Writing Workshop</b> 3-5pm	<b>31</b> <b>Medical Qigong</b> 8:00-9:15am	




# February 2025

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 	3 Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	4  Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30-3:30pm	5 Gentle Yoga 10-11am	6 Memoir Writing Workshop 3-5pm  Men's Support Grp. 6-7pm	7 Medical Qigong 8:00-9:15am	8
9	10 Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm	11 Creative Arts 1:30-3:30pm  Miso Cooking Club "Best of Winter Cooking" 4:00pm  Ostomy Support Group 4-5pm	12 Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 12-1:30pm	13 Memoir Writing Workshop 3-5pm	14  Medical Qigong 8:00-9:15am	15
16	17  Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Caregivers' Support Group 6-7:30pm	18 Creative Arts 1:30-3:30pm  Mindfulness 5:30-7pm	19 Gentle Yoga 10-11am  Women's Evening Support Group 5:30-7pm	20 Memoir Writing Workshop 3-5pm	21 Medical Qigong 8:00-9:15am	22
23	24 Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Younger Women's Support Grp. 5:30-7pm	25 Creative Arts 1:30-3:30pm	26 Gentle Yoga 10-11am  Ovarian Support Group 5:30-7pm	27 Memoir Writing Workshop 3-5pm	28 Medical Qigong 8:00-9:15am	

# March 2025

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  Memoir Writing Workshop 4-5:30pm	<b>4</b> Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30-3:30pm	<b>5</b> <b>Ash Wednesday</b>  Gentle Yoga 10-11am	<b>6</b> Memoir Writing Workshop 3-5pm  Men's Support Grp. 6-7pm	<b>7</b> Medical Qigong 8:00-9:15am	8
<b>9</b> <b>Daylight Savings</b> 	<b>10</b> Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm	<b>11</b> Creative Arts 1:30-3:30pm  Miso Cooking Club "Delicious Diet Fundamentals" 4:00pm  Ostomy Support Group 4-5pm	<b>12</b> Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 12-1:30pm	<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  Memoir Writing Workshop 4-5:30pm  Caregivers' Support Group 6-7:30pm	<b>18</b> Creative Arts 1:30-3:30pm  Mindfulness 5:30-7pm	<b>19</b> Gentle Yoga 10-11am  Women's Evening Support Group 5:30-7pm	<b>20</b> <b>March Equinox</b>  Memoir Writing Workshop 3-5pm	<b>21</b>  Medical Qigong 8:00-9:15am	22
23	<b>24</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Younger Women's Support Grp. 5:30-7pm	<b>25</b> Creative Arts 1:30-3:30pm	<b>26</b> Gentle Yoga 10-11am  Ovarian Support Group 5:30-7pm	<b>27</b> Memoir Writing Workshop 3-5pm	<b>28</b> Medical Qigong 8:00-9:15am	29
30	<b>31</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm					

# April 2025

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>  Coping Skills for Cancer 12-1:30pm  Creative Arts 1:30-3:30pm	<b>2</b> Gentle Yoga 10-11am	<b>3</b> Memoir Writing Workshop 3-5pm  Men's Support Grp. 6-7pm	<b>4</b> Medical Qigong 8:00-9:15am	5
6	<b>7</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm	<b>8</b> Creative Arts 1:30-3:30pm  Miso Cooking Club "Holistic Approach to Breast Cancer" 4:00pm  Ostomy Support Group 4-5pm	<b>9</b> Gentle Yoga 10-11am  Loss & Bereavement Group 10-11:30am  Women's Support Group 12-1:30pm	<b>10</b> Memoir Writing Workshop 3-5pm	<b>11</b> Medical Qigong 8:00-9:15am	12
<b>13</b> 	<b>14</b> Tai Chi 10:00-11:00am  Living with Advanced Cancer 2:00-3:30pm  Memoir Writing Workshop 4-5:30pm	<b>15</b> Creative Arts 1:30-3:30pm  Mindfulness 5:30-7pm	<b>16</b> Gentle Yoga 10-11am  Women's Evening Support Group 5:30-7pm	<b>17</b> Memoir Writing Workshop 3-5pm	<b>18</b> Medical Qigong 8:00-9:15am	19
<b>20</b> Happy Easter    Last Day of Passover	<b>21</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Caregivers' Support Group 6-7:30pm	<b>22</b>   Creative Arts 1:30-3:30pm	<b>23</b> Gentle Yoga 10-11am  Ovarian Support Group 5:30-7pm	<b>24</b> Memoir Writing Workshop 3-5pm	<b>25</b> Medical Qigong 8:00-9:15am	26
27	<b>28</b> Tai Chi 10:00-11:00am  Memoir Writing Workshop 4-5:30pm  Younger Women's Support Grp. 5:30-7pm	<b>29</b> Creative Arts 1:30-3:30pm	<b>30</b> Gentle Yoga 10-11am			



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 12401

**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)



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Please mail check to: **HealthAlliance Oncology Support Program, 105 Mary's Ave. Kingston, NY 12401**

**To donate online**, please go to: <https://give.wmchealth.org/give/371622/#!/donation/checkout>

and write in the comment section: **HealthAlliance Oncology Support Center or  
Linda Young Ovarian Cancer Support Program**

**Please indicate if donation is in celebration or memory of a loved one.**