


# Mount Sinai Union Square & Mount Sinai Chelsea **SUPPORT & WELLNESS PROGRAMS: JANUARY 2018**

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <b>1</b><br><i>Hospital Holiday</i><br>   | <b>2</b><br>8:30-10:00 Renewal Pool & Exercise (Y)<br>7:00-8:00 Sobriety & Cancer (MSUS)  | <b>3</b><br>3:00-5:00 Journaling Workshop (MSC)<br>3:15-4:45 Yoga for Women (MSUS)  | <b>4</b><br>9:30-12:30 Legal Health (MSUS)<br>12:00-2:00 Knitting (MSUS) 4G-01<br>4:00-5:00 Moving for Life (MSC)  | <b>5</b><br>11:00-12:00 Qi Gong/T'ai Chi Chih@ (MSC)<br>2:00-3:30Yoga for People with Cancer (MSC)   |
| <b>8</b><br>1:00-2:00 Vocal Ensemble: Sing with Us (MSC)<br>3:00-4:00 Coffee Talk (MSC)<br>6:30-8:30 Reiki (MSUS) 2 <sup>nd</sup> Fl   | <b>9</b><br>8:30-10:00 Renewal Pool & Exercise (Y)<br>7:00-8:00 Sobriety & Cancer (MSUS)  | <b>10</b> 10:00-12:00 Guided Imagery offered in the infusion suite (MSC)<br>11:00-12:00 Meditation to Prepare for Surgery (MSC)<br>1:00-2:00 Meditation (MSC)<br>3:00-5:00 Journaling Workshop (MSC)<br>3:15-4:45 Yoga for Women (MSUS)<br>6:00-7:30 Prostate Cancer Support Group (MSUS)   | <b>11</b><br>12:00-2:00 Knitting (MSUS) 4G-01<br>4:00-5:00 Moving for Life (MSC)   | <b>12</b><br>11:00-12:00 Qi Gong/T'ai Chi Chih@ (MSC)<br>2:00-3:30Yoga for People with Cancer (MSC)  |
| <b>15</b><br><i>Hospital Holiday</i>   | <b>16</b><br>8:30-10:00 Renewal Pool & Exercise (Y)<br>11:00-12:00 Embracing the New Normal (MSC)<br>7:00-8:00 Sobriety & Cancer (MSUS)                       | <b>17</b><br>10:00-12:00 Guided Imagery offered in the infusion suite (MSC)<br>10:00-11:30 Tea Talk Mandarin Meeting (MSC)<br>12:30-2:00 LatinaSHARE (MSC)<br>1:00-2:00 Meditation (MSC)<br>3:00-5:00 Journaling Workshop (MSC)<br>6:00-7:00 SOS (MSUS) 4G01<br>6:00-7:30 Prostate Cancer Support Group (MSUS)                                      | <b>18</b><br>10:00-2:00 Legal Health (MSC)<br>12:00-2:00 Knitting (MSUS) 4G-01<br>12:00-1:00 Spanish Workshop: Movement & Relaxation<br>4:00-5:00 Moving for Life (MSC)<br>5:00-6:00 Moving for Life Workshop: Neuropathy<br>6:30-8:00 Advanced Prostate Cancer Support Group (MSUS) 4 <sup>th</sup> Flr | <b>19</b><br>11:00-12:00 Qi Gong/T'ai Chi Chih@ (MSC)<br>2:00-3:30Yoga for People with Cancer (MSC)  |
| <b>22</b><br>12:00-1:00 Chemobrain Workshop (MSUS)<br>1:00-2:00 Vocal Ensemble: Sing with Us (MSC)<br>3:00-4:00Coffee Talk: Nutrition Topic Refreshing your Diet for the New Year (MSC)<br>6:30-8:30 Reiki (MSUS) 2 <sup>nd</sup> Fl | <b>23</b><br>8:30-10:00 Renewal Pool & Exercise (Y)<br>2:00-3:00 Hypnosis & Guided Imagery to Prepare for Surgery (MSC)<br>7:00-8:00 Sobriety & Cancer (MSUS) | <b>24</b> 10:00-12:00 Guided Imagery offered in the infusion suite (MSC)<br>11:00-12:15 Peace Education Workshop: Hope & Contentment (MSUS)<br>1:00-2:00 Meditation (MSC)<br>3:00-5:00 Journaling Workshop (MSC)<br>3:15-4:45 Yoga for Women (MSUS)2Fl<br>6:00-7:00 SOS (MSUS) 2 <sup>nd</sup> Fl<br>6:00-7:30 Prostate Cancer Support Group (MSUS) | <b>25</b><br>12:00-2:00 Knitting (MSUS) 4G-01<br>2:00-4:00 SPOHNC (MSUS)<br>3:00-5:00 Cervical Cancer Event (MSUS)<br>4:00-5:00 Moving for Life (MSC)  | <b>26</b><br>11:00-12:00 Qi Gong/T'ai Chi Chih@ (MSC)<br>2:00-3:30 Yoga for People with Cancer (MSC) |
| <b>29</b><br>1:00-2:00 Vocal Ensemble: Sing with Us (MSC)<br>3:00-4:00Coffee Talk (MSC)<br>6:30-8:30 Reiki (MSUS) 2 <sup>nd</sup> Fl   | <b>30</b><br>8:30-10:00 Renewal Pool & Exercise (Y)<br>7:00-8:00 Sobriety & Cancer (MSUS)   | <b>31</b><br>10:00-12:00 Guided Imagery offered in the infusion suite (MSC)<br>1:00-2:00 Meditation (MSC)<br>3:15-4:45 Yoga for Women (MSUS)2Fl<br>6:00-7:30 Prostate Support Group (MSUS)<br>6:00-7:00 SOS (MSUS) 2 <sup>nd</sup> Fl   |  |  |

**For Further Information & Registration:**

**Mount Sinai Union Square (MSUS) formerly PACC** - 10 Union Square East 212-844-6022

**14th Street Y (Y)** -1st Ave. & 14<sup>th</sup> St. 212-780-0800

**Mount Sinai Chelsea (MSC)** - 325 West 15<sup>th</sup> St. 212- 367-1780

**KHIC- Karpas Health Info Center-** 212-420-4247 [www.KarpasHealth.org](http://www.KarpasHealth.org)

## [Mount Sinai Chelsea \(MSC\): 325 West 15th Street](#)

Coffee Talk: Mondays, 3:00pm-4pm Rad onc Conference Room. Support Group for Women with Cancer. Registration is required; please call Michelle Abraham, LCSW, 212-604-6098 michelle.abraham@mountsinai.org

Refresing your Diet in the New Year guest speaker at Coffee Talk: Join Chelsea Wisotsky Jan 22<sup>nd</sup> 3-4pm realistic steps to improve your nutrition and revamp your diet

Latina SHARE: 12:30-2:00. Estos grupos son facilitados por voluntarios etrenadas quienes han tenido una experiencia similar. Comparta informacion, experiencias, sentimientos y estrategias para aceptar y combatir aspetos negativos de la enfermedad. Para informacion, llame al 212-221-1626

Legal Health (NYLAG) Clinic: 3<sup>rd</sup> Thursday 10:00 am- 2:00 pm Monthly Medical Onc. Conference Room/ Area J. Lawyers available for guidance. Appointments must be made in advance. RSVP to social worker

Look Good.Feel Better: Alternating between MSUS Thurs 10-12pm 4<sup>th</sup> Fl & Chelsea Thurs 10am-12pm. Free makeup workshop. Registration required. For either session call the American Cancer Society to register 1-800-227-2345 opt 1

Moving for Life: Dance Exercise for Cancer Recovery Thurs. 4pm-5pm main conference room area H H-01. For more Information: call Michelle Abraham LCSW 212 604-6098 or email michelle.abraham@mountsinai.org.

Moving for Life Workshop:Neuropathy: Jan 18<sup>th</sup> short lecture, interactive discussion and exercise to address cancer treatment side effects Main Conf Room 5-6pm call 212 604-6098

Journaling Workshop: 3-5pm Wednesdays Rad Onc conf room, RSVP 212-844-8575 or email sandy.lansinger@mountsinai.org

Qi Gong/T'ai Chi Chih@: Fridays 11-12pm Main Conference Room weekly classes with a set of movements focused on the development of an intrinsic energy called Chi. Tai Chi Chih does not require particular level of physical fitness or coordination. To RSVP 212-844-8575 or email sandy.lansinger@mountsinai.org

Yoga for People with Cancer: 2-3:30pm Main Conf Room weekly yoga classes include gentle exercise combined with visualization to help you relax & revitalize; to RSVP 212-844-8575/email sandy.lansinger@mountsinai.org

Meditation: Wednesdays 1-2pm, main conference room, Facilitated by Alice Fox, PA, for registration please email michelle.abraham@mountsinai.org or call 212-604-6098

Using Hypnosis & Guided Imagery Techniques to Prepare for Surgery: Jan 10<sup>th</sup> 11-12pm & Jan 23<sup>rd</sup> 2-3 Area J Medical Oncology Conf Room, Facilitated by Nancy Bourque, LCSW 212-604-6097 for more information

Vocal Ensemble: Sing With Us: Mondays Main Conf Room, 1-2pm, open to anyone affected by cancer: patients, survivors, caregivers. Encouraging singers of all levels to sing share and enjoy their voice. RSVP not required, for more information please contact Andrew.rossetti@mountsinai.org

Tea Talk: Mandarin Support Meeting: Jan 17<sup>th</sup> 3:00-4:00 Rad Onc Conference Room, to register or for more info please call 212-604-6095

Embracing the New Normal: Jan 16<sup>th</sup> Area J-18 Conference Room Join us for a discussion around body image, relationships, learning how to accept changes as well as addressing emotional and physical concerns, RSVP (212) 604-6097 Nancy Bourque, LCSW, OSW-C & Nancy Roeklein, NP

Guided Imagery During Chemotherapy: Individual guided imagery is available in the infusion suite Wed 10am-12pm, for more information please contact 212-604-6097

## [Mount Sinai Union Square \(MSUS\): 10 Union Square East \(formerly PACC\)](#)

Cervical Cancer Event: Featuring Dr. Blank, Dr. Beddoe, & Stacy Lewis, LCSW, Jan 25<sup>th</sup> 3-5pm 2<sup>nd</sup> Floor Auditorium, RSVP to Alison.snow@mountsinai.org/212-844-6022

Yoga for Women: Wednesdays, 3:15-4:45 pm, 2<sup>nd</sup> Floor conference room 1. For more information, please call 212-844-6022

Reiki: Living Light™ Reiki Mondays, 6:30-8:30pm, 2<sup>nd</sup> Floor conference room 1 & 2. For more information, please call 201-280-5229- 2<sup>nd</sup> Monday of the month start time is 7:30 pm.4<sup>th</sup> Monday conf room 3.

Chemobrain Workshop: Monthly Monday, 12:00pm-1:00pm, Bogart Conference Room 4A. Practical cognitive strategies & skills, regain control of memory & attention problems, lower stress during and after treatment. For more information, please call 212-844-8575. Available by videoconference to Chelsea main conference room

LegalHealth (NYLAG): Thursday, 9:30-12:30 Monthly Lawyers available for guidance. Appointments must be scheduled in advance. RSVP to social worker or call 212-844-6292

Renewal-Pool Program: Tuesdays, 8:30am-10:00am, Y-1st Ave. & 14<sup>th</sup> St. A program for women with breast cancer that combines relaxation and gentle exercises in the studio and completes the program with Aquatic Exercises & Ai Chi in the pool. For more information, please call 212-844-6022

SOS- Stay off Smoking Support Group: Wednesdays 6:00-7:00pm MSUS 4<sup>th</sup> Floor 4G-01. For more information, please call Ilene Alpert 212-844-1349

SPOHNC- Support for People with Oral Head and Neck Cancer: 4<sup>th</sup> Thursday of every month 5<sup>th</sup> Floor Conf Room B. For more information, please call 212-844-8775 **Not meeting in Dec**

Sobriety & Cancer: Tuesdays, 7:00-8:00pm Bogart Conference Room 4A. Open AA meeting for survivors in sobriety cancer related. For more information please call 917-215-5480

Malecare Prostate Cancer Support Group: Wednesdays, 6-7:30pm, 2<sup>nd</sup> Floor Conference Room 3. For more information please call 212-673-4920

Malecare Gay Men's Prostate Support Group: First Monday of the month, 6:00-7:30pm, 2<sup>nd</sup> Floor, Conference Room 1 For more information please call 212-673-4920-

Malecare Advanced Prostate Cancer Support Group: Third Thursday of the month, 6:30-8pm, Bogart Conference Room 4A. For more information please call 212-673-4920

Lymphedema Workshop: Bogart Conference Room 4A. Educational workshop for breast surgery patients. For more information, please call 212-844-8575 quarterly

Knitting Circle: Thursdays For more information, please call Sandy Lansinger 212-844-8575 sandy.lansinger@mountsinai.org

Spanish Speaking Workshop: Movement & Relaxation, Jan 18<sup>th</sup> 12-1 Bogart Conf Rm, Registrare con Darren Arthur, LCSW 212-844-6292

Pet Therapy visits: Mondays, Wednesdays, Fridays: 9am chemotherapy suite and radiation oncology waiting areas