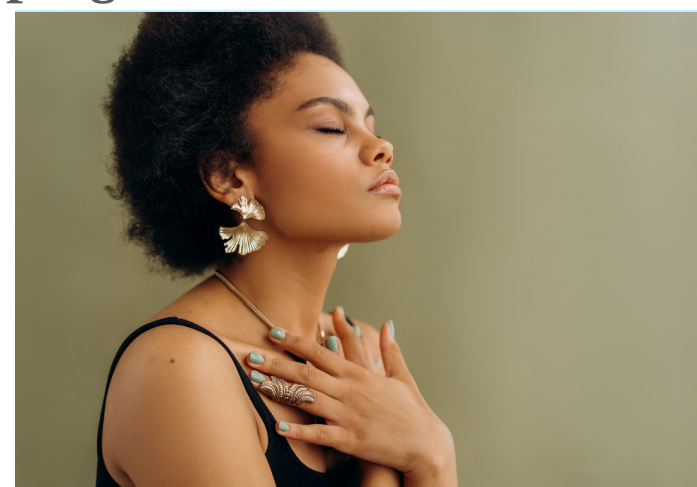
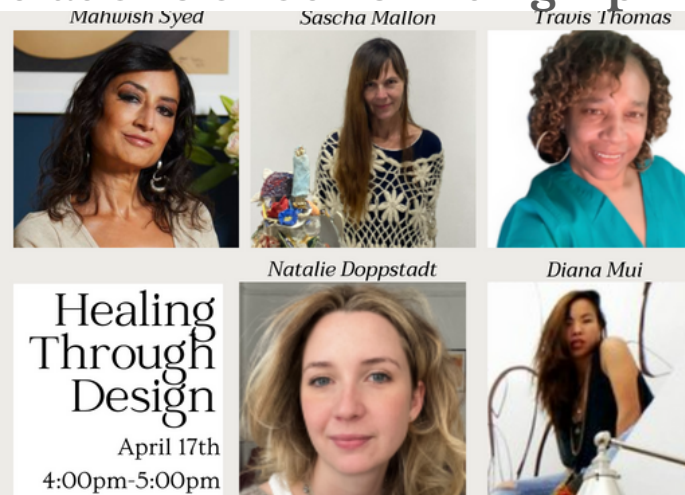




Mount *Tisch Cancer*
Sinai *Center*

APRIL 2024 CANCER SUPPORT & WELLNESS NEWSLETTER

The first week in April is Adolescent and Young Adult (AYA) Cancer Awareness Week, please note our ongoing young adult caregiver support group and young adult support group for GI cancer patients. April 16th is National Healthcare Decisions Day; we will be tabling at Ruttenberg & Chelsea from 10-12pm and will have a Chinese-Speaking Session on Advanced Care Planning April 16th at 2pm. Please join our Navigating Cancer Series Healing Through Design workshop on April 17th at 4pm. April is also Stress Awareness month, join our special meditation session to find your inner peace on April 22nd. We hope to see you at one of our exciting April programs!



The Cedar Club: Chinese-Speaking Cancer Support: Advanced Care Planning

Join us for a discussion about advance care planning. 來和我們一起討論事前醫療計劃。 What is advance care planning? Why is it important? How do I make an advanced care plan? 什麼是事前醫療計劃? 為什麼事前醫療計劃很重要? 我要怎樣做好 事前醫療計劃?

Tuesday, April 16, 2:00 - 3:00 PM

星期二, 4月16日, 下午2點至下午3點 To

join via computer:

<https://mountsinai.zoom.us/j/7425875532> 通過電腦視頻加入會議的鏈接:

<https://mountsinai.zoom.us/j/7425875532> To join via telephone: dial 1-646-876-9923. Meeting ID: 742-587-5532 通過電話加入會議: 請先撥打 1-646-876-9923, 然後輸入會議號碼 742-587- 5532 For more information, please contact: Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095 想要知道更多信息, 請聯繫執業臨床社工周宓小姐 郵箱 mi.zhou@mountsinai.org 或者電話 212-604-609

Navigating Cancer Series: Healing Through Design

Join us for a discussion on how to find healing through design. This panel will include Mahwish Syed, designer, author, and survivor will help you create your own healing oasis. Natalie Doppstadt, survivor and TCI CAB member will discuss her experience finding and beautifying her inpatient space to promote healing. Diana Mui, designer and founder of The Love House Foundation, will speak about the foundation and her work. Sascha Mallon, Creative Center artist, will lead attendees in a craft project, of paper towel roses! Travis Thomas, Holistic Cancer Coach, 3x cancer survivor, community scientist, oncology patient navigator & TCI Community Advisory Board member will be moderating.

**Wednesday, April 17th
4-5pm**

Meeting ID: 976 4067 2283

To do the craft project please have 3 paper towels, a cup with water and an empty cup, scissors, glue, food dye or blush

April is Stress Awareness Month Meditation to Find Your Inner Peace

Meditation can help everyone find freedom from stress, through connecting with a naturally abiding sense of peace. Join Alice Fox, DrPH for this special session. April is recognized as National Stress Awareness Month. Meditation is a technique you can use to manage stress and improve mental and physical well-being.

**April 22nd
11-12pm**

Please email Alice Fox at alicebfox@gmail.com to register for the zoom link.



Journaling and Writing Workshops

Join one or all of our variety of writing workshops via Zoom! Emily will send out prompts the night before and we encourage you to take a moment, whether 10 minutes or an hour to write something, then we will gather together on Zoom to share what we have written.

Writing Workshops meet Mondays
April 8 & 22

Journaling Workshops meet:
Wednesdays: April 3, 10, 17, 24

3:00-4:00pm

Email Emily write.treat@gmail.com to get the Zoom link and password



Meditation with Alice

Join Alice Fox for her virtual guided meditation on Wednesdays.

Learn to connect and enjoy a sense of inner peace and let go of stress. We can learn to heal our minds, while healing our bodies

11:00-12:00PM

Please email Alice Fox at alicefox@gmail.com to register for the zoom link.



Vocal Ensemble

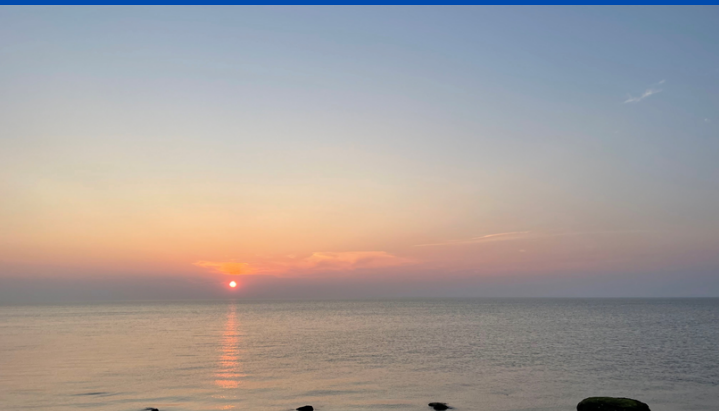
Join our Mount Sinai Vocal Ensemble for a little musical delight. Join in whether to sing yourself or to enjoy a little music from the comfort of your own home. The group meets on Zoom and is led by the talented Michael Inge.

Mondays April

1, 8, 15, & 22

1-2pm

<https://bit.ly/3mxB9Cy>
Meeting ID: 448 800 2565
Passcode: 506560



Relaxation Techniques to Prepare for Cancer Surgery

Connecting mind and body with meditation and hypnosis.

Benefits

have been reported to include: reducing levels of stress and anxiety,

improving sleep, less pain and shorter recovery time. Last

Thursday of the month 2-3pm.

Thursday, April 18

2-3pm

To RSVP for the group, discuss additional availability and information please contact Mary Vu, LCSW at mary.vu@mountsinai.org

OR 347-920-7634



Yoga For Men Who are Cancer Survivors with Jerry - Hybrid at JCC

Join Jerry Snee, CYI for in-person or virtual community and Yoga practice. This class is open to those in treatment and who have completed treatment.

Wednesdays 3:00-4:30pm

Please email jerrysnee@msn.com for more info.

Mezzanine Classroom or via Zoom Meeting

Meeting ID: 860 3585 6126

Passcode: jccyogamen

Questions about Programming? Email Alison.snow@mountsinai.org



Knitting Group

Knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. Enjoy friendly conversation while you work on your yarn projects.

**Anyone in need of supplies please contact cssevents@mountsinai.org*

Thursdays, 12:30-2:00PM
Virtual

call in to 1-646-876-9923
Meeting ID: 968 1548 3634



Crafts and Conversation Group

Have you been recently diagnosed with Cancer? Join us to learn techniques to cope with anxiety, such as mindfulness, and other meditations for relaxation and talk to other patients about what they are doing to handle their new diagnosis. This group will meet in person in Chelsea in the Main Conference Room.

Wednesday, April 10th
at 11:00am-12:00pm

RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

Chinese Cancer Support Group: Spring Rendezvous Mindfulness Meditation 春日相会：正念冥想引导 華人癌友互助小組

春天要来了，你是否愿意参加一场春日的约会？在这里，你会遇到很多和你经历相似的人，听一听他们的故事，拉近彼此的内心。然后跟社工实习生文倩一起练习正念冥想，平心静气，爱护自己。

Spring is on its way! Join us for a spring rendezvous. Here, you'll encounter many friends who share similar experiences. Come listen to their stories and draw closer to each other's hearts. Then, join Social Worker Intern Wenqian to practice mindfulness meditation together, calming your mind and nurturing yourself.

时间：星期二，4月30日，下午2-3点

Tuesday, April 30th, 2-3 PM

通過電腦視頻加入會議鏈接：

<http://mountsinai.zoom.us/j/7425875532>

通過電話加入會議：請先撥打1，

然後輸入會議號碼742 - 587 - 5532

To join via telephone: dial 1-646-876-9923.

Meeting ID: 742-587-5532

想知道更多信息，請聯繫社工實習生邓文倩

郵箱：Wenqian.Deng@mountsinai.org

電話：212-604-6095

Radiating Strength: A Radiation Oncology Peer Support Group- Virtual

Join this peer support group facilitated by an oncology social worker focusing on building mutual aid and healing emotionally from radiation treatment.

Tuesday, April 16th
3-4pm

RSVP and Information:
Mariam.rahyab@mountsinai.org or
call 929-837-1119

Ostomy Support

Ostomy Support Group

Got a stoma? Getting a stoma? Join this group to connect with others and share your experiences. This group will meet the 2nd Thursday of the Month. Please join us!

Thursday, April 11th,
3-4pm

Contact Taemin Ahn for more information:
gioncsw@mountsinai.org



Glioblastoma & Brain Tumor Support Group

Seeking support for yourself or a loved one with a Brain Tumor? Our Glioblastoma Support Group meets 1st Thurs of every month.

Thursday April 4th
at 1:00pm-2:00pm

Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

Thursday, April 18th at 5:30pm

To join the groups email:
Kat Safavi, LCSW
Kat.safavi@mountsinai.org



Lung Cancer Support Group

Join this drop-in group for adults with lung cancer. Share, connect and learn from each other in a supportive atmosphere. This group is facilitated by a licensed social worker. Please join us for an open-ended Lung Cancer support group! Second Monday of the month. Hybrid group.

Monday, April 8th
12:15-1:30pm

RSVP and Zoom Information:
Mae.Ryan@mountsinai.org



Young Adult Virtual Support Group for Gastrointestinal Cancer Patients

This is a drop-in group for individuals ages 20-35 who have been diagnosed with a gastrointestinal cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere. The group meets the 3rd Wednesday of the Month. The first group will be on:

April 17th
2-3pm

Facilitators: Jessical Waldman, LCSW & Jill Dovale, LMSW, RSVP to get the Zoom link: gioncsw@mountsinai.org

Young Adult Caregiver Support Group

This is a drop-in group for young adults who are caring for a loved one living with cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere. The group meets every Tuesday.

Tuesdays at 12pm

For Zoom Information and to RSVP please contact
Oscar.Duran@mountsinai.org,
212-824-9273

Caregiver Support Group

Join us for a place to learn, reduce stress, and connect with other caregivers in the community

April 8 & 22
4-5 PM

Online via Zoom ID # 948 9031 3570 or by phone (646) 876 - 9923

Facilitated by Social Work Interns Madison Hankin & Haley Shea To learn more or RSVP, please reach out to Madison Hankin at Madison.Hankin@mountsinai.org or (212) 523 -7194



Road to Resilience

A virtual group for people in recovery or actively using substances to process experiences and get support from one another while navigating cancer. This group is led by Oncology social workers and will meet virtually on the second Wednesday of each month.

April 11th 2-3pm

For the zoom link information please contact: Mariam 929-837-1119 or Rebecca 347-880-5358

Post-Treatment Survivorship Support Group

Join us for a place to learn, share experiences, and connect with other cancer survivors. The 1st and 3rd Friday of the month, Co-facilitated by Rachel Brenner, SWI & Mollie Sailor, SWI.

Friday, April 5th & 19th
12pm-1pm

Zoom Meeting ID: 742 587 5532

To learn more, please reach out to Rachel Brenner at Rachel.brenner@mountsinai.org

The Dual Role of Patient & Parent: Support Group for Patients with a Blood Cancer Who Have Children

Join us for this new support group in collaboration with the Leukemia & Lymphoma Society for patients with blood cancer who have children age 18 and under. The group will meet virtually the first Tuesday of every month 4-5pm.

April 2nd 4-5pm

To register for the link contact 1-800-955-4572

Our support groups are the perfect place to talk with other people affected by blood cancers, including patients, family members, and caregivers.

M, U, L, T, I, P, L, E,

M, Y, E, L, O, M, A,



Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis

Join an oncology social worker for a monthly meeting for education, support, and information sharing. The group is open to leukemia, lymphoma and myeloma patients and survivors, their adult family members, partners and friends. Last Wednesday of the month and 2nd Tuesday evening.

Tuesday, March 12th 6-7pm
Wednesday, March 27th
12-1 pm

RSVP to www.lls.org/metny or call 914-496-3902

Multiple Myeloma Support Group

Join a support group for patients living with Multiple Myeloma to connect, share, and support one another. Facilitated by licensed myeloma social workers. sday of the month and 2nd Tuesday evening.

Thursday, April 11th at 3pm

For more information and zoom link, please contact Rachel Wangler, LCSW, OSW-C (212)824-8759
MMsocialwork@mountsinai.org

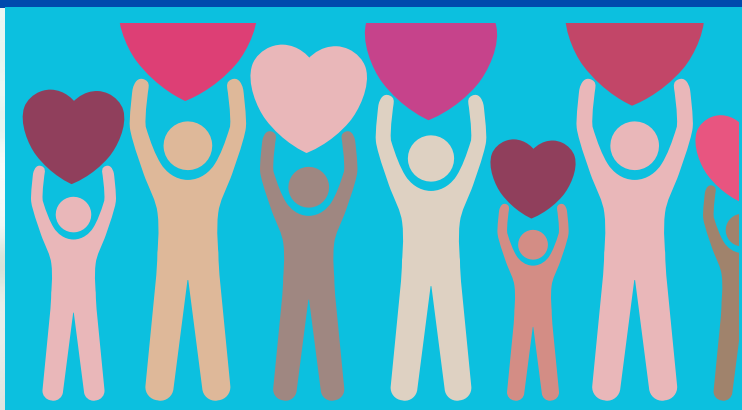
Multiple Myeloma Mindful Journaling Group

Join us in a creative and therapeutic process of mindful journaling. Mindful journaling allows our thoughts, feelings and experiences to take tangible form on paper, which helps us to become a better listener to ourselves during times of stress. No experience required.

Every first Tuesday of the Month,
4-5pm

Tuesday, April 16th
4-5pm

For more information or to RSVP, Facilitated by Rachel Wangler, LMSW (212) 824-8759/
rachel.wangler@mountsinai.org



Caring for the Caregiver Multiple Myeloma Caregiver Support Group

A support group for caregivers of patients with multiple myeloma. Join us in a space to connect with others, share experiences, learn about resources, and reduce stress and isolation. The group meets the 2nd Wednesday of each month.

Wednesday, April 10th, 5:30pm

For more information and to receive the Zoom link, please contact Jaclyn Zingman, LMSW at 212-824-8745 or Jaclyn.zingman@mountsinai.org

BIPOC Multiple Myeloma Support Group: "One Day at a Time, Together"

This is a support group for Black, Indigenous and People of Color (BIPOC) diagnosed with Multiple Myeloma. The group meets every 4th Wednesday of the month, 4:00-5:00pm.

Wednesday, April 24th,
4:00pm

RSVP and Zoom Information:
johanna.bellorin@mountsinai.org
(212) 824-8771

Post-Allogeneic BMT Support Group

If you had an allogeneic bone marrow transplant, join this group to connect and learn from others who are also recovering from this type of transplant. "Every first Wednesday of each month 1-2pm

Wednesday, April 3rd
1:00-2:00PM

RSVP and Zoom Information:
Ryan.Dritz@mountsinai.org



Dubin Zoom Yoga for Breast Cancer Patients

Join The Dubin Breast Center of the Tisch Cancer Institute weekly yoga class led by Jana Hicks, CYI focused for patients with breast cancer.

Tuesdays, 5:45-6:45pm

RSVP for the Zoom information or for more information please contact

DubinNutritionist@mountsinai.org

These programs are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

**This class is open to people being treated for breast cancer at any Mount Sinai Health System location*

Dubin Zoom Meditation for Breast Cancer Patients

Join The Dubin Breast Center of the Tisch Cancer Institute weekly meditation class led by Laura Teusink, focused for patients with breast cancer.

Wednesdays, 6:00-6:45pm

RSVP for the Zoom information or for more information please contact DubinNutritionist@mountsinai.org

These programs are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time

**This class is open to people being treated for breast cancer at any Mount Sinai Health System location*

Dubin Zoom Pilates for Breast Cancer Patients

Join the Dubin Breast Center of the Tisch Cancer Institute, weekly pilates class led by Melissa Miles, focused for patients with breast cancer.

Thursdays, 5:00-6:00pm

RSVP for the Zoom information or for more information please contact, DubinNutritionist@mountsinai.org

These programs are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time

**This class is open to people being treated for breast cancer at any Mount Sinai Health System location*



Healing through Journaling for Breast Cancer Patients

Join our Healing through Journaling group via ZOOM! This group is open to all breast cancer patients and facilitated by Lori Perkins, a Breast Cancer Survivor and accomplished editor and author.

Participants will receive writing prompts during the session and will have time to write and share with the group. be First Tuesday of the month at 1:30 PM and on the Third Thursday at 6:30 PM.

Thursday, April 4th at 1:30 & Thursday April 25th at 6:30pm

For more information and zoom link please call Jessica Kreitman 212-241-8765



Young Adult Breast Cancer Support Group

Members will be able to share their experiences and emotions in a non-judgmental space, fostering within the group a sense of community that can be difficult to find elsewhere. This virtual group is open to patients ages 20-early 50s and at all stages of disease, including survivorship, are welcome. Group meets the first Wednesday of the month.

Wednesday, April 3rd 6:30-7:30pm

RSVP and receive zoom info call 212-241-7748



Dubin Schmoozin in person

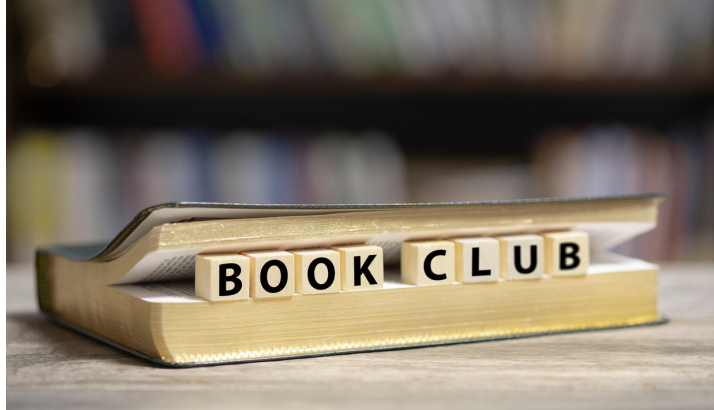
Join us as we craft courage in a supportive space where art becomes a therapeutic tool for expression and resilience. Breast cancer patients of all ages and stages are welcome. The group meets on the second Wednesday of the Month in the Dubin Breast Center: 1176 5th Avenue New York, NY

April 10th 1:30-2:30pm

For more information call 212-241-7748



Gynecologic Oncology Support Program



Woman to Woman REUNION: Gut Health & a Healthier You

It's the 24th reunion and it's LIVE!

Explore the link between your gut health, cancer and overall well-being. In this workshop Debbie Bessen, MS, RD, CSO, CLT will discuss how the microbes in your microbiome play a crucial role in digestion, immunity, brain health, sleep quality, and more. Discover how to nourish your microbiome for a healthier you.

**Saturday, April 13th
at 10am-12:30 pm**

**Saint Jean Baptiste School
173 East 75th St
Brunch will be served**

RSVP by April 8th
womantowoman@mountsinai.org or
212-241-3793

Woman to Woman: Book Club

Join Woman to Woman to discuss a monthly book club pick from a range of genres and styles. Each month the book will be chosen by a book club member. All are welcome, whether you've had a chance to finish the book or not! (Just be mindful that you may encounter some spoilers ...)

If you'd like to join but are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org for assistance.

Francis's pick! Kantika by Elizabeth Graver

**Wednesday, April 24th
7pm**

Meeting ID: 757 176 6991/ Call in- 646-558-8656

Women of Color Navigating Gynecologic and Breast Cancer: A support group for patients who identify as black, indigenous, or people of color (BPOC)

In recognizing the unique experiences of women who identify as black, indigenous, or people of color (BPOC) with gynecologic or breast cancer, we created this group as a space for women to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis.

Monday, April 1st at Noon

Meets the first Monday of every month

Gatherings of the Women of Color Navigating Gynecologic and Breast Cancer group will focus on a specific theme/topic with space for BPOC women to exchange stories of their experiences and leave with practical approaches to address their concerns and feel heard. Meetings will be facilitated in English, but for BPOC women who speak languages other than English, please contact womantowoman@mountsinai.org or 212-241-3793.

Meeting ID: 208 938 0884



Woman to Woman Gynecologic Cancer Support Group

Meet other women who have been diagnosed with this life changing disease and share your story. The goal is to reduce isolation, share resources, feel empowered and learn ways to cope. We will be joined by guest speakers who are specialists in their fields.

Wednesdays, 12:00-1:00 pm

*No group 4/17

Meeting ID: 757 176 6991
Call in- 646-558-8656



Woman to Woman: Now What? Long-Term Gynecologic Cancer Survivor Group

This monthly group is for long-term (2+) year survivors of gynecologic cancer. The purpose is to connect with other women to share unique experiences of long-term survivors in a supportive setting. Meets the third Monday of every month

**Monday, April 15th
12:00-1:00pm**

Meeting ID: 208 938 0884
Call in-929-205-6099



Woman to Woman Living with Recurrent Gynecologic Cancer

This group is for survivors of gynecologic cancer who have experienced a recurrence. The purpose of this group is to gain support, learn from and share resources with those who have faced cancer a second time. Meets the 2nd Tues of every month.

**Tuesday, April 9th
at 4:30pm**

Meeting ID: 865 7625 2999
Call in- 646-558-8656



Woman to Woman: Monday Morning Mindfulness

Join us for three consecutive Monday mornings of gentle and empowering 20-minute mindfulness meditations. Together, let's cultivate inner peace, resilience, and a sense of well-being while we set intentions for any challenges to be faced in the week ahead. Take a moment for yourself at the beginning of each week and discover the transformative power of mindfulness in a supportive and nurturing environment. Sessions will be led by Ylfa Edelstein, born and raised in Iceland, who has been a seeker and student of yoga and contemplative studies for over 30 years.

Monday, April 1, 8, & 15
10:-10:20am

Meeting ID: 208 938 0884

Woman to Woman: What is Qigong & How Can it Support Gynecologic Cancer Patients

Qigong ("energy work") is an ancient practice, akin to Tai Chi. In this class lead by Annie Piper we will focus on some of the healing and calming forms this practice offers and how it can benefit those in treatment and survivorship of gynecologic cancer.

Annie Piper is on the faculty at NYU Tisch School of Graduate Acting, NYU's Gallatin School, and the David Geffen School of Drama at Yale University. She teaches at The Shala Yoga House in Brooklyn, Kula Yopga, Prema Yoga, and Souk Yoga.

Tuesday, April 16th
12pm

Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman: Decorate Your Home to Optimize Health

Mahwish Syed is a visionary at the intersection of health, healing, and the transformative power of design. At the forefront of New York City design for over two decades, she has orchestrated beauty through unveiling spaces that transcend aesthetics to nourish the soul and promote a healthy environment. She is an esteemed fashion and interior designer, acclaimed author, and cancer survivor. In her acclaimed book, "Purgatory to Paradise," she unveils the profound influence of beauty as a healing force. She passionately explores how our surroundings shape our well-being. For more info: ClaimYourParadise.com

Thursday, April 4th at 12pm

Meeting ID: 208 938 0884



Thriving with Woman to Woman

The purpose of this new monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. Navigating a cancer diagnosis and survivorship can feel like a full-time job. It can easily overtake your life and be the lens through which you view all of your experiences and interactions. Co-led by Audrey Carlson, Woman to Woman volunteer and founder of the Hartford Happiness Club, this group will alternate esteemed guest speakers with topic-driven interactive exercises to help participants learn how to achieve balance so you can not just survive, but thrive.

The featured April speaker will be Lionel Ketchian returning for a follow up discussion on "The Benefits of Happiness." Mr. Ketchian is the co-host of the weekly cable television program The Happiness Show and author of the Be Happy Zone column which appears in the newspaper, the Fairfield Citizen-News.

Tuesday, April 30th at 12pm
Meeting ID: Meeting ID: 208 938 0884
Call in # 929-205-6099



Woman to Woman: Understanding Lab Work and Diagnostic Imaging for Gynecologic Cancer Patients with Mallory Lit, RN MSN, AGNP-C.

Mallory Lit is a nurse practitioner and has been with the Gyn Oncology team since 2017. She sees patients with Dr. Valentin Kolev and became the Gyn Oncology Clinical Program Manager in 2022 at the Mount Sinai Blavatnik Family Chelsea Medical Center. She hopes this talk can provide basic understanding of the certain tests your doctor may order, why they are important and how the results can impact your treatment.

Wednesday, April 24th
12pm

Meeting ID: 757 176 6991/ Call in- 646-558-8656



Woman to Woman: Spirituality Group

This group meets periodically to reflect on spirituality as a source of both strength and struggle. Spirituality is understood very broadly and participants of all belief systems are welcome. You do not have to be religious to participate in this group. Content varies based on participant interests but may include discussion of spiritual themes (gratitude, forgiveness, the transcendent, etc), sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text. The group is facilitated by a board certified interfaith chaplain. Please contact Chaplain Karen Terry at Karen.terry@mountsinai.org or 212-824-8129 with questions.

Thursday, April 4th
at 10am

Meeting ID: 757 176 6991/ Call in- 646-558-8656

Questions about W2W Programming? Email womantowoman@mountsinai.org



Woman to Woman/ TEAL Collaboration: Stress Reduction through Self Massage Techniques

In this session, you will learn simple mind/body exercises & self massage techniques designed to:

- reduce stress
- reduce muscular tension
- promote a sense of ease

Thursday, April 18th
2pm

Lauren Fisch, LMT, MS, is a New York State Licensed Massage Therapist. She has been a member of the massage therapy team at the Dubin Breast Center & the Tisch Cancer Institute since 2016. She has a keen interest in teaching mind/body practices to empower people to reduce stress in their daily lives. Register by April 5th to have a free massage gift mailed to you at home:

www.telleveryamazinglady.org/programs/event-central/



Gentle Water Aerobics for Women Living with Cancer at the JCC

Join Velia Hoffman for gentle exercise class. Gentle water exercise helps to create better posture, release stress, and prevent falls. Using movements similar to tai chi, this class gently lubricates joints, improves muscle coordination and tone, and helps with balance and neuropathy. The class takes place on site at the JCC in the training pool and is limited to 12 participants.

Tuesdays:
10:00-11:00am

All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation. At this time all classes are open to all cancer survivors with the knowledge that they are not marketed to be a complete body work out. Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org/ 646-505-5708



Daily Drop in Facilitated Meditation Hybrid with the JCC

Daily Drop-In Meditation (hybrid) Activate peace and calm whether you're brand new to meditation or an experienced practitioner, all are welcome. Meditation will continue on Zoom with select dates also held in person (there will always be a virtual option).

Mornings: Mon-Fri, 7:30-8:30 am
Evenings: Mon-Thurs 5:45-6:45pm

Meeting ID: 942 4397 1448

Password: meditation

Please visit <https://mmjccm.org/fitness-wellness/> or contact

boxoffice@mmjccm.org for additional information.



Breast + Ovarian Cancer Support Massage at the JCC

Receive supportive, holistic bodywork, employing massage techniques suitable for individuals undergoing treatment or for those who are post-treatment and/or post-surgery. Prescription and online intake required.

Tuesdays & Thursdays
10-12pm

Email

oncologymassage@mmjccm.org or call 646.467.9239 for details.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org



Beginner Pelvic Floor Workshop 1&2 online with the JCC

Join us for an intimate conversation on a private matter in a safe, encouraging environment. In Workshop 1, learn basic dos and don'ts for preventing or addressing incontinence, with a focus on breathing exercises that are imperative to know before starting pelvic floor specific exercises. That will be detailed in Workshop 2, including variations of Kegels and reverse Kegels, as well as other complementary exercises. Wear loose-fitting clothing and a towel or mat. Women only

Wednesdays April 17 & 24
11-11:45am

Instructor: Randi Stone, Pelvic Floor Specialist
Free for those being tested or treated for cancer at Breast link New York or elsewhere. Please email the box office at mmjccm.org if you do not receive the link.



Nia Moving to Heal for Women Living with Cancer Hybrid with the JCC

Nia is a holistic workout for the mind, body, and soul that incorporates elements from martial arts, dance, and relaxation techniques. Learn to slow down and personalize movements for your own body, while focusing on feeling better.

While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation. Join Caroline Kohles for Nia!

Tuesdays at 4:15-5:15 PM
*No class 4/23 or 4/30

In order to get the Zoom link for this class, please go to <http://www.mmjccm.org/cancer-care>

Once you've completed the online process, you will receive an email from the JCC that will provide you with a link to the class.



Yoga for Cancer Care Hybrid with the JCC

Allow gentle yoga stretches to bring balance and calm into your body. Stretch, expand and soften as you improve well-being, feel better and regain and maintain your center. Gentle postures, relaxation and meditation will be incorporated into this class. No prior yoga experience is needed.

While anyone impacted by cancer is welcome, class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.

Join Whitney Chapman

Mondays

6:15-7:30pm

***No class 4/22 or 4/29**

Join us online or in person for this FREE Yoga for Cancer Care class via zoom or in the Mezzanine classroom at the JCC.

In order to get the new Zoom link for this class, please go to <http://www.mmjccm.org/cancer-care>



Healing Yoga For Women Impacted by Breast or Ovarian Cancer Hybrid with the JCC

Utilizing the breath to slow the mind allows the body to relax and rejuvenate, tapping into the body's ability to promote healing. In this healing yoga class, we will gently stretch the body to open into yoga postures that soothe and strengthen. Working with classic yoga postures designed to support the body through treatment and beyond, this practice will create calm and centeredness. While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation. Join Jerry Snee, Certified Yoga Instructor

Thursdays, 6:45-8:00pm

***No class 4/25**

In person room Mezzanine Classroom

In order to get the new Zoom link for this class, please go to <https://mmjccm.org/programs/healing-yoga-women-impacted-breast-or-ovarian-cancer>



Yoga4Cancer Online with the JCC

Yoga4Cancer is designed to help those living with cancer manage treatment side effects and speed recovery through an evidence-based oncology yoga program. Yoga4Cancer builds strength and mobility in safe ways in order to stimulate the immune system and build bone density while detoxing the body and cultivating a sense of well-being.

While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.

Join Leora Leung, certified Yoga4Cancer instructor

Sundays, 3:00-4:15 PM

***No Class 4/28**

In order to get the new Zoom link for this class, please go to <http://www.mmjccm.org/cancer-care>



Ai Chi Renewal Program for Women Living with Cancer Online with the JCC

The class will include breathing, relaxation, gentle exercises, stretching & some strengthening plus virtual AiChi moves. Ai Chi: Japanese for love Ai; Chi Chinese for energy. Facilitated by Teri Dupuy. All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation. At this time all classes are nevertheless open to all cancer survivors.

Thursdays at 9:45-10:45am

In order to get the new Zoom link for this class, please go to <http://www.mmjccm.org/cancer-care>

Once you've completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org



Moving for Life Online with the JCC

Join Martha Eddy + Ana Leon Bella + Evelyn Nunlee for gentle dance-exercise for women living with cancer. Classes concentrate on restoring upper body movement impacted by side effects of breast cancer surgery, chemo, and radiation. Exercise increases energy levels, boosts immunity, helps with weight management and eases symptoms of chronic illnesses! At this time all classes are nevertheless open to all cancer

Wednesdays

at 12:00-1:00pm

***No Class 4/24**

Saturdays 11-12pm

***No class 4/27**

Please contact Registration by email at boxoffice@mmjccm.org



Zentangles: Beyond the Basics Online with the JCC

Join instructors and ~~joined~~ Zentangle teachers Kathy Shapiro + Sarah Reading to create easy-to-learn patterns in beautiful compositions through this unique rhythmic art form, suitable for artists at all levels. In no time, the simple steps allow tangers to access delicious pleasure and calm. Bring a cup of tea, unlined white paper, a fine-tipped black pen, pencil, and paper smudger (or cotton swab) for shading, and watch your creativity take off!

Fridays: April 5, 12, & 19

11:30-12:30pm

Tuesday April: 2

1:30-2:30pm

You will receive a confirmation letter for your registration that will include the zoom link. Free for those being tested or treated for cancer. Please contact registration by email at boxoffice@mmjccm.org for additional info



ZERO BLACK MEN'S PROSTATE CANCER



Online & Individual Art Sessions & Workshops with the Creative Center

Join the Creative Center for daily art workshops on Zoom. Using simple art supplies and household materials, you'll experience the transformative power of Art to create and have fun! View the current workshop calendar and sign up at <https://bit.ly/3ceJyZB>

If you are receiving treatment at Rutenberg Treatment Center and are interested in individual art sessions in-person, please contact saschacreativececnernyc@gmail.com or cibele@gmail.com. The Creative Center also works with those that are receiving treatment at Mount Sinai West. For any questions or more information contact info@thecreativecenter.org

Black Men's Prostate Cancer Initiative: Support Group

The Black Men's Prostate Cancer Initiative support groups provide prostate cancer education resources and support specifically for Black men diagnosed with prostate cancer. Our support groups under this initiative are currently fully remote, with the group being led by two licensed mental health professionals.

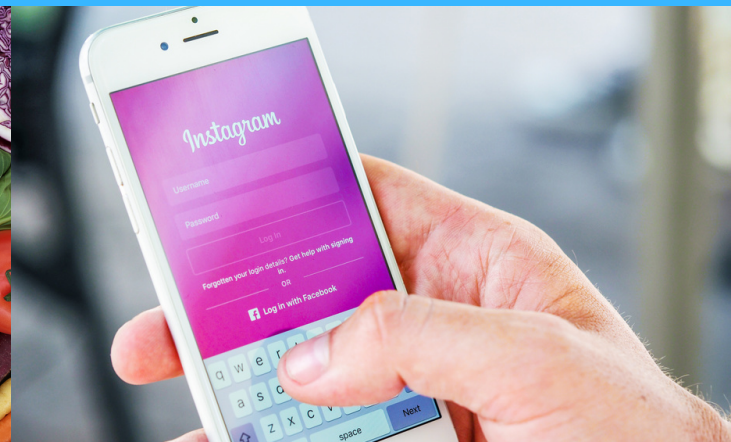
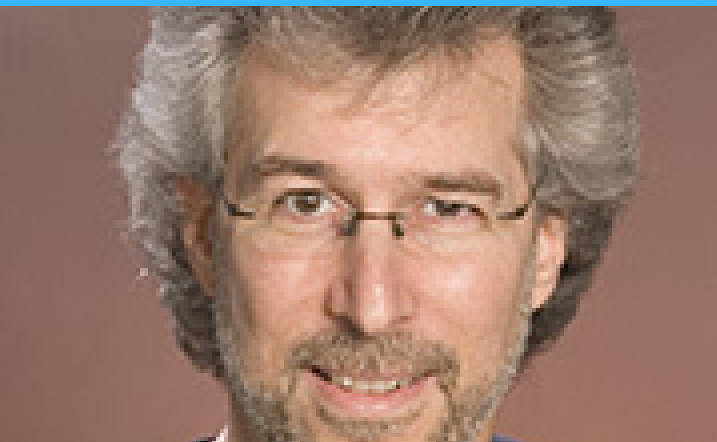
2nd and 4th Monday of each month at 8pm EST

To register please visit: <https://zerocancer.org/get-support/black-mens-prostate-cancer-initiative/>

Chemo Companions and Peer to Peer Prostate Support

Chemo Companions pairs up patients with medical and graduate school students to regularly attend appointments and provide support throughout patients' chemotherapy treatment at Rutenberg Treatment Center. Contact anna.gribetz@mountsinai.org or 646-574-1008

Are you diagnosed with prostate cancer and would be interested in being matched with a peer mentor? Jean Claude is our current peer mentor. He is a patient at Mount Sinai Hospital where he was treated for prostate cancer in 2005. Since 2007 he has worked with cancer patients as a volunteer at Mount Sinai Hospital's Rutenberg Treatment Center. For more information reach out to Anna.gribetz@mountsinai.org



Chronic Pain in Person with Karpas Health

Living with chronic pain negatively impacts quality of life and can precipitate disengagement from everyday activities. In this presentation Richard Sabel, an occupational therapist with over 15 years of experience assisting people with chronic pain will discuss how movement therapies can help promote feelings of self-efficacy, improve function, and one's overall quality of life.

Thursday, April 25th 1-2:30pm
Mount Sinai Union Square
10 Union Square East, NYC 2nd Floor
Conference Room

Facilitator: Richard Sabel, MA, MPH, OTR, GCFP
Clinical Assistant Professor in Occupational Therapy, SUNY Downstate Medical Center

"What are the best foods to help with diarrhea?"

-Diarrhea is a common side effects of many treatments for cancer. If you are experiencing diarrhea, contact a member of your medical team. They can help with medications or hydration!
·Nutritionally, for diarrhea it can be helpful to watch what you eat to not make it worse. It is a good idea to reduce insoluble fiber intake (whole grains, raw fruits and vegetables, dry fruits, seeds, etc) and increase soluble fiber intake (bananas, applesauce, cooked vegetables, mash potatoes, etc). Soluble fiber is good because it helps to soak up water and make stool less watery.
·Hydration is also important if you have diarrhea to help prevent dehydration!

Follow our Instagram for our most up to date information on programming, resources, and important information from the cancer supportive services team. [@MSHScancersupportiveservices](https://www.instagram.com/MSHScancersupportiveservices)



PROGRAMAS EN ESPAÑOL



Talleres Mensuales en Español para Pacientes en Tratamientos Oncológicos

Este espacio es para conectar con pacientes en situaciones similares y recibir apoyo en la comunicación con el equipo médico. El taller es facilitado por una trabajadora social el último miércoles de cada mes.

Miércoles, 24 de Abril 4:00pm a 5:00 pm
Zoom ID: 968 3919 7913

Puedes unirte a la reunión llamando +1 646
876 9923

y a continuación, poniendo el meeting ID
968 3919 7913

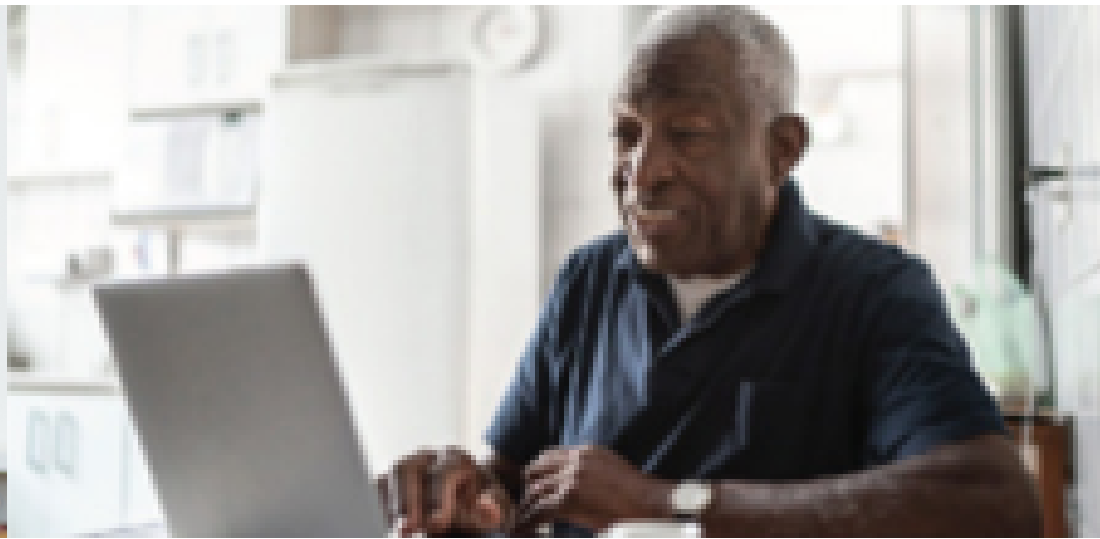
Mayor información contactar Maria Amado
al 973-936-9030 o
maria.amado@mountsinai.org



Where No One Faces Cancer Alone Red Door Community Programming

Red Door community es una comunidad de apoyo para pacientes con cáncer. Esta comunidad ofrece conferencias y grupos de apoyo, incluyendo un grupo facilitado en español llamado "Amigos Unidos: Grupo de apoyo para pacientes con cáncer".

Para más información, preguntas o si desea registrarse, comuníquese al 212-647-9700 o visite la página web www.reddoorcommunity.org.



Grupo de Apoyo Para Pacientes y Familias con Mieloma

Los pacientes y sus cuidadores están invitados a compartir sus inquietudes, temores y experiencias en un entorno cómodo, empático y de apoyo mutuo en este grupo mensual gratuito.

El cuarto martes de cada mes.

El martes, 23 de abril a las 5:30pm

Para mas informacion visite www.lls.org/metny or llamar al: 800-955-4572.

Dirigido por Charlotte McDermott, LMSW (212) 241-7868/la facilitadora del grupo
charlotte.mcdermott@mountsinai.org



Latina SHARE Support Group for Women with Breast & Ovarian cancer

Únete a Latina Share un grupo de apoyo en español para nuestros pacientes de Mount Sinai Cancer Center, diagnosticados con cáncer de mama o de ovario.

Miercoles, 17th de Abril
6pm

Para más información, preguntas o si desea registrarse, comuníquese al Jennie Santiago jsantiago@sharecancersupport.org

<https://latina.sharecancersupport.org/cancer-de-seno/grupos-de-apoyo-para-mujeres-con-cancer-de-seno-o-de-ovario/>

Todos podran registrarse llamando al oceda@sharecancersupport.org
212 221-1750