



# March 2020

## Mount Sinai Hospital Oncology Support & Wellness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30-12 Artist in Residence RTC 10- Pet Assisted Therapy 1-3 Therapeutic Massage 1-6 Artist in Residence (Inpatient)</p>	<p>3</p> <p>11-12 Woman, Wisdom and Wellness 1-3 Therapeutic Massage</p>	<p>4</p> <p>9:30-12 Artist in Residence RTC 9:30-12:30 Radiation Oncology-Therapeutic Massage 10-11:30 Gilda's Club- Grupo de apoyo para la comunidad Latina viviendo con cancer 10-11 Dubin Walking Group 11:30-1 Dubin Schmoozin' Gilda's Club Lecture 1-3 Therapeutic Massage 1-6 Artist in Residence (Inpatient) 6:00-6:45 Dubin Meditation</p>	<p>5</p> <p>10- Pet Assisted Therapy 1-3 Therapeutic Massage 2-3 Concerts In Motion 3-4 EMDR</p>	<p>6</p> <p>1-3 Therapeutic Massage</p>
<p>9</p> <p>9:30-12 Artist in Residence RTC 10- Pet Assisted Therapy 1-3 Therapeutic Massage 1-6 Artist in Residence (Inpatient)</p>	<p>10</p> <p>1-3 Therapeutic Massage 2-3 Head &amp; Neck Cancer Group 6:15-7:15 Dubin Yoga</p>	<p>11</p> <p>10-11:30 Gilda's Club- Grupo de apoyo para la comunidad Latina viviendo con cancer 10-11 Dubin Walking Group 1-3 Therapeutic Massage 1-4 Radiation-Oncology-Therapeutic Massage 2-3 Post-Allo BMT Group 1-6 Artist in Residence (Inpatient) 6:00-6:45 Dubin Meditation</p>	<p>12</p> <p>10- Pet Assisted Therapy 11-12 Dubin Gilda's Club Workshop- Chair Yoga 1-3 Therapeutic Massage 2-3 Concerts In Motion 3-4 EMDR</p>	<p>13</p> <p>1-3 Therapeutic Massage</p>
<p>16</p> <p>9:30-12 Artist in Residence RTC 10- Pet Assisted Therapy 1-3 Therapeutic Massage 1-6 Artist in Residence (Inpatient)</p>	<p>17</p> <p>1-3 Therapeutic Massage 3:30-4:30 Multiple Myeloma Support Group 6:15-7:15 Dubin Yoga</p>	<p>18</p> <p>9:30-12 Artist in Residence RTC 9:30-12:30 Radiation Oncology-Therapeutic Massage 10:30-12 Gilda's Club- Gilda's Club - Cáncer y Nutrició 10-11 Dubin Walking Group 11:30-1 Dubin Schmoozin' Gilda's Club Lecture 12:30-1:45 Lung Cancer Support Group 1-3 Therapeutic Massage 1-6 Artist in Residence (Inpatient) 6:00-6:45 Dubin Meditation</p>	<p>19</p> <p>10- Pet Assisted Therapy -3 Therapeutic Massage 2-3 Concerts In Motion 3-4 EMDR</p>	<p>20</p> <p>1-2 Neuro-Onc Caregiver Support Group 1-3 Therapeutic Massage</p>
<p>23</p> <p>9:30-12 Artist in Residence RTC 10- Pet Assisted Therapy 1-3 Therapeutic Massage 1-6 Artist in Residence (Inpatient)</p>	<p>24</p> <p>1-3 Therapeutic Massage 2-3:30 Radiation oncology- Petal and Eon Floral Workshop 6:15-7:15 Dubin Yoga</p>	<p>25</p> <p>9:30-12 Artist in Residence RTC 10-11:30 Gilda's Club- Grupo de apoyo para la comunidad Latina viviendo con cancer 10-11 Dubin Walking Group 1-3 Therapeutic Massage 1-4 Radiation Oncology-Therapeutic Massage 1-6 Artist in Residence (Inpatient) 6:00-6:45 Dubin Meditation</p>	<p>26</p> <p>10- Pet Assisted Therapy 11-1 Dubin LatinaSHARE 1-3 Therapeutic Massage 2-3 Concerts In Motion 3-4 EMDR</p>	<p>27</p> <p>1-3 Therapeutic Massage</p>
<p>30</p> <p>9:30-12 Artist in Residence RTC 10- Pet Assisted Therapy 1-3 Therapeutic Massage 1-6 Artist in Residence (Inpatient)</p>	<p>31</p> <p>1-3 Therapeutic Massage 4-5:30 Multiple Myeloma Support Group 6:15-7:15 Dubin Yoga</p>			

# Support and Wellness Programs

\*\*\*If you would like to be added to our email distribution list to receive our calendar & support and wellness events, please email [anna.gribetz@mountsinai.org](mailto:anna.gribetz@mountsinai.org)

**Artist-in-Residence:** RTC - contact Anna Gribetz, LCSW (212) 824-8762. Inpatient - contact Meredith Fitzpatrick, LMSW (212) 241-7948

**Chemo Companions Program:** Ruttenberg and Dubin patients who are interested in companionship support during treatment. Contact Sophia Tsesmelis Piccolino, LCSW, OSW-C (212) 824-8765 or [sophia.piccolino@mountsinai.org](mailto:sophia.piccolino@mountsinai.org)

**Colorectal, Liver & Pancreatic Cancer Support Group (Open to patients with any type of GI Cancer):** 1470 Madison Ave, Ruttenberg 4<sup>th</sup> Floor, Resource Center. Contact Meredith Prescott, LMSW (212) 824-8772

**Create While You Wait Workshops- :** 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> Floor Waiting Room

**EMDR:** Individual counselling service for patients experiencing psychological distress due to their cancer experience. For information and to RSVP, please contact: Batya Reckson, LCSW-R, OSW-C phone: 212-824 8774 email: [batya.reckson@mountsinai.org](mailto:batya.reckson@mountsinai.org)

**Gilda's Club – Amigos Unidos: Un programa de apoyo para la comunidad Latina viviendo con cancer:** 1470 Madison Ave, Ruttenberg 3<sup>er</sup> Piso, Sala de Conferencias 105. Contacto (212) 647-9700

**Gilda's Club- Cáncer y Nutrición: Prevención y Manejo de Efectos Secundarios** 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> Floor, Conference Room s3-105. To register, call (212) 647-9700

**Head and Neck Cancer Support Group (SPOHNC):** 1470 Madison Ave, Ruttenberg 4<sup>th</sup> Floor, Resource Center. Batya Reckson, LCSW (212) 824-8774

**Leukemia and Lymphoma Support Group:** 1470 Madison Avenue, Ruttenberg 4<sup>th</sup> Floor, Resource Center. Contact Alexa Chalmers, LMSW (212) 824-9284

**Lung Cancer Support Group:** 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> Floor, Room S3-105. Lunch provided. Contact Stephanie Lehrman, LCSW (212) 824-8777

**Multiple Myeloma Support Group:** 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> Floor, Room S3-105 RSVP to Arleigh Holzgen 212-824-8759

**Neuro Oncology Caregiver Support Group** 1470 Madison Avenue, Ruttenberg 3<sup>rd</sup> Floor Conference Room RSVP to Sunni Dorset, LMSW (212)-824-8762

**Nu Voices: Patient run support group for laryngectomies:** 3<sup>rd</sup> Sunday of the month at 1:30pm at Mount Sinai Hospital. Contact Saul Silver (212) 677-6392

**Pet Assisted Therapy:** Individual visits with certified Pet Assisted Therapy Dogs. Medical clearance required. Contact Anna Gribetz, LCSW (212) 824-8762

**Post-Allogeneic BMT Support Group:** 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> Floor, Room s3-105. RSVP to Meg Josephson, LCSW 212-241-7945

**Radiation Oncology Programs:** Workshops, support groups, and wellness programs. Radiation Oncology Conference Room, 1470 Madison Ave., SC2 Level, contact Ahuva Morris, LCSW (212) 241-9077 or [ahuva.morris@mountsinai.org](mailto:ahuva.morris@mountsinai.org)

**Spiritual Care:** Available to cancer center patients. Chaplains are an interfaith group that offer spiritual support and counseling, religious ritual and prayer. They help people find healing, hope, and comfort while experiencing the challenges of life and treatment. Their services are for people of any religion or to anyone who is interested in discussing their spiritual side of care. For chaplaincy support contact [karen.terry@mountsinai.org](mailto:karen.terry@mountsinai.org)

**Therapeutic Massage:** Available to RTC patients while receiving treatment and to radiation oncology patients after treatment. Medical clearance required. Contact Anna Gribetz, LCSW (212) 824-8762 for RTC and Ahuva Morris, LCSW (212) 241-9077 for radiation oncology

**Woman-to-Woman:** This program provides emotional support, information and self-advocacy training to women in treatment for gynecologic cancer, using a peer-to-peer model with survivor volunteers. Rachel Justus, LCSW (212) 241-3793

**Women, Wisdom & Wellness:** Gynecologic Oncology Educational Series aimed to provide a space for women to learn, discuss, share and explore topics of health, strength and well-being. 1470 Madison Ave, Ruttenberg 2<sup>nd</sup> Floor Conference Room. RSVP Carly Abramson, LCSW (212) 824-9583

**Dubin Meditation/Dubin Yoga:** Dubin patients are invited to participate in meditation with a certified meditation instructor. Dubin patients are invited to free yoga classes. Email Kelly Hogan, MS, RD, CDN to register: [kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org)

**Dubin Schmoozin':** A fun-loving support group, facilitated by Social Work. Location: 1470 Madison Ave, Ruttenberg 3<sup>rd</sup> Floor, Conference Room s3-105. To register, contact Staci Benaroya, (212) 241-1258

**Dubin Walking Group:** Wednesdays 10-11. Meet in the Dubin lobby! 1176 5<sup>th</sup> Avenue

**LatinaSHARE Breast Cancer Support Group:** This group offers support to breast cancer patients in Spanish and is offered bimonthly in Dubin. For registration contact Heather Armijo (212) 241-1260

**\*\*All support and wellness programs are free of charge\*\***