

# MARCH 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>SAVE THE DATE!</b>  <b>The Woman to Woman 24<sup>th</sup> Reunion and it's LIVE!</b>  <b>April 13<sup>th</sup> at 10am</b>  <b>Gut Health and a Healthier You</b></p>					1	2
3	4 <a href="#">Women of color Navigating Cancer</a> 12-1pm	5	6 <a href="#">Gynecologic Cancer Support Group:</a> 12-1pm	7 <a href="#">Female Designers Throughout History</a> 2-3pm	8	<p><b>THURSDAY, MARCH 14<sup>TH</sup>:</b></p> <p><a href="#">Do I Grieve? Session 1</a> 12-1pm</p> <p><a href="#">Newly Diagnosed Educational Session</a> 3pm</p>
<p><b>WEDNESDAY, MARCH 27<sup>TH</sup>:</b></p> <p><a href="#">Gynecologic Cancer Support Group</a>  <b>Trauma in Cancer Survivors and Treatment</b> 12-1pm</p> <p><i>Don't miss...</i>  <a href="#">W2W Book Club: Hello Beautiful by Ann Napolitano</a> 7-8pm</p>	11 <a href="#">Gynecologic Cancer Support Group:</a> <b>Coping with Treatment Side Effects</b> 12-1pm	12 <a href="#">Living with Recurrent Gynecologic Cancer</a> 12-1pm	13	14 <b>DOUBLE PROGRAMMING!</b>	15	
	18 <a href="#">Now What? Long-Term Survivor Group</a> 12-1pm	19	20 <a href="#">Gynecologic Cancer Support Group:</a> 12-1pm	21 <a href="#">Do I Grieve? Session 2</a> 12-1pm	22	<p><b>THURSDAY, MARCH 28<sup>TH</sup>:</b></p> <p><a href="#">Do I Grieve? Session 3</a> 12-1pm</p> <p><a href="#">BRCA Awareness</a> 1-2pm</p>
24	25	26 <a href="#">Thriving with Woman to Woman</a> 12-1pm	27 <b>DOUBLE PROGRAMMING!</b>	28 <b>DOUBLE PROGRAMMING!</b>	29	
31						



# MARCH 2024

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## ◆ WOMAN TO WOMAN GYNECOLOGIC CANCER SUPPORT GROUP | Wednesday from 12-1pm

Meet other women who have been diagnosed with this life changing disease and have the opportunity to share your story. The goal of our group is to decrease isolation, share resources, feel empowered and learn ways to cope with the ups and downs this diagnosis brings.

We will be joined by guest speakers on a bi-weekly basis who are specialists in their fields. Each weekly meeting uses the following Zoom info, regardless of guest speaker.

### To join by video, click [HERE](#):

- If prompted, enter Meeting ID: 757 176 6991

### To join by phone:

- ◆ Dial: 1-646-558-8656
- ◆ Meeting ID: 757 176 6991#

### MARCH GUEST SPEAKERS:

*\*Note: This session is on Monday instead of Wednesday. There won't be a group on Wednesday March 13<sup>th</sup>\**

### **MARCH 11<sup>TH</sup>: Coping with Gynecologic Cancer Treatment Related Side Effects**

In this discussion Mount Sinai Hospital oncologist Dr. Theresa Shao will present about common treatment related side effects from chemotherapy, PARP inhibitors and immunotherapy used. If you have questions or want to learn more about short term or long-term treatment side effects join us for this opportunity. Please note this presentation will not include surgery and radiation side effects.

After graduating from Yale University and earning her medical degree at University of Pennsylvania School of Medicine, Dr. Shao completed her internship and residency at Mount Sinai Medical Center in New York. She continued to complete her fellowship in hematology/oncology at Columbia University Medical Center. Shao is currently a medical oncologist at Mount Sinai Chelsea, specializing in breast cancer and GYN cancer. Her research interest focuses on treatment-related toxicity and survivorship. She is also interested in racial and ethnic disparities in cancer diagnosis and treatment.

### **MARCH 27<sup>TH</sup>: Trauma in Cancer Survivors and the Benefits of Psychiatric Treatment**

Many stressful events surround a cancer diagnosis and may act as triggers for a severe emotional reaction. Trauma may set in during treatments, while navigating treatment side effects, and when waiting for test results. Cancer-related post-traumatic stress (PTS) is fairly common and may occur along with depression and anxiety. Dr. Vora will give an overview about the effect of anxiety and presence of trauma in survivors of gynecological cancers, and potential treatment options or recommendations. Dr. Anvi K. Vora, MD is a Board-Certified Psychiatrist licensed in New York with more than 10-15 years of experience. Dr. Vora is a private practice psychiatrist, and the owner and chief medical officer of Synergy Psychiatry.

## ◆ WOMEN OF COLOR NAVIGATING GYNECOLOGIC AND BREAST CANCER | March 4<sup>TH</sup> from 12-1pm

### A support group for patients who identify as black, indigenous, and people of color (BIPOC)

Meets the first Monday of every month.

In recognizing the unique experiences of women who identify as black, indigenous, or people of color (BIPOC) 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.

Gatherings of the Women of Color Navigating Gynecologic and Breast Cancer group will focus on a specific theme/topic with space for BIPOC 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 BIPOC women who speak languages other than English, please contact [womantowoman@mountsinai.org](mailto:womantowoman@mountsinai.org) or 212-241-3793.

#### To join by video, click [HERE](#):

- If prompted, enter Meeting ID: 208 938 0884

#### To join by phone:

- ◆ Dial: 1-929-205-6099
- ◆ Meeting ID: 208 938 0884#

## ◆ FEMALE DESIGNERS THROUGHOUT HISTORY-IN HONOR OF WOMEN'S HISTORY MONTH | March 7<sup>TH</sup> from 2-3pm

Design historian Debra Goldstein will lead a fascinating lecture in honor of Women's History Month about the history of female designers. In 1936, the renowned art historian Nicholas Pevsner published *Pioneers of Modern Design*, to this day considered a landmark work on the most influential designers of the modern era. Yet among the myriad giants of talent Pevsner details, not one was a woman. Today, as the narratives of history are being thoughtfully reconstructed to include the wide range of diverse voices previously overlooked, women designers are taking center stage. In this discussion, Debra Goldstein will touch upon the talented and brilliant women whose design innovations have shaped the aesthetics of the modern era. Debra Goldstein is a design historian with an MA in the History of Design and Curatorial Studies from Parsons/The New School. She has conducted curatorial research for the New York Historical Society and the Cooper Hewitt Museum, and currently teaches History of Design to undergraduates at The New School in New York. Her areas of scholarship include Scandinavian Modernism and American design in the interwar era.

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### ◆ LIVING WITH RECURRENT GYNECOLOGIC CANCER | March 12<sup>TH</sup> from 12-1:15pm

Meets the second Tuesday of every month.

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.

#### To join by video, click [HERE](#):

- If prompted, enter Meeting ID: 865 7625 2999

#### To join by phone:

- ◆ Dial: 1-646-558-8656 Meeting ID: 865 7625 2999#

### ◆ RESOURCES & SUPPORT FOR NEWLY DIAGNOSED GYNECOLOGIC CANCER PATIENTS | March 14<sup>TH</sup> from 3-4pm

If you have been diagnosed with ovarian, cervical, uterine, endometrial or any other gynecologic cancer within the past two years and would like to connect with experts to learn about helpful resources and meet other patients to become part of a supportive community, please join us.

This multidisciplinary panel discussion will feature special guest speakers: Gynecologic Oncologist from Baycare Clinic, Dr. Elizabeth Dickson Michelson, social worker Ruth Ann Ornstein from Yale School of Medicine Discovery to Cure, and an inspirational survivor story from Gynecologic Cancer survivor Latricia Garmond.

Click here to join: <https://bit.ly/3OeTPXQ>

### ◆ DO I GRIEVE? ACKNOWLEDGING LOSS IN MYSELF AND OTHERS (SPECIAL 3 SESSION SERIES)

*\*Three consecutive Thursdays at 12pm: March 14<sup>TH</sup>, March 21<sup>ST</sup>, and March 28<sup>TH</sup> \**

Come and explore grief and the emotions of grief in a healthy, positive, and meaningful way. Certified end-of-life doula Virginia Chang, Ph.D. returns for a 3-session workshop series to explore grief. This series is an invitation to discover what grief means to you and your relationship to it. We will take a deep dive into understanding our own personal perspective on grief and how it affects us. Each workshop session will be interactive and include components of small exercises, writing, sharing, and reflection.

#### **March 14<sup>TH</sup> | Session 1: Anticipation of Grief**

Grief is not just associated with death. Grief is a response to a loss in our life and/or livelihood. This session will look at what and who matter most to us and what it feels like to lose them. We will explore this intense subject in a safe space in community. Please join with paper and a pen/pencil.

#### **March 21<sup>ST</sup> | Session 2: How Do I Grieve?**

Gain a new perspective in recognizing grief in ourselves and those around us. We think others don't understand our loss because they aren't behaving in ways we expect or recognize. There are many different styles of grieving. In this session, we will explore the many different expressions of grief, in ourselves and others. Please join with paper and a pen/pencil.

### **March 28<sup>TH</sup> | Session 3: Grief, Mourning and Ritual**

Do you hold yourself gently? How can we honor ourselves in grief? This session will explore the concepts of grief, mourning, and ritual, as well as their terminology and uses. We will explore how to use our grief to cultivate a sense of meaning and intention in life. Please join with paper and a pen/pencil.

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### **◆ NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | March 18<sup>TH</sup> from 12-1pm**

Meets the third Monday of every month. This monthly group is for long-term (2+ year) survivors of gynecologic cancer to support each other while adjusting to life after cancer:

“We need a support group for patients out of treatment who must now face a new body and reality. When treatment is complete, we are no longer surrounded by our medical teams on a regular basis. We no longer are regulars in chemo or radiation suites nor our oncologist's offices. After diagnosis and treatment, our bodies and minds are scarred, fragile and different. We are not exactly 'cured' and are often left with many long-haul side effects, both physical and psychological. Now what?” - A gynecologic cancer survivor  
The purpose of this group is to provide a supportive setting to connect with other women to share the unique experiences of long-term cancer survivors.

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#### **To join by phone:**

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- ◆ Meeting ID: 208 938 0884#

### **◆ THRIVING WITH WOMAN TO WOMAN | March 26<sup>TH</sup> from 12-1pm**

***“The question is not how to survive, but how to thrive with passion, compassion, humor and style.” - Maya Angelou***

The purpose of this 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. However, you are extraordinary women with interests, hobbies, passions, fears, dreams and so much more. You all deserve to feel happy and fulfilled. 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 cannot just survive but thrive.

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- If prompted, enter Meeting ID: 208 938 0884

#### **To join by phone:**

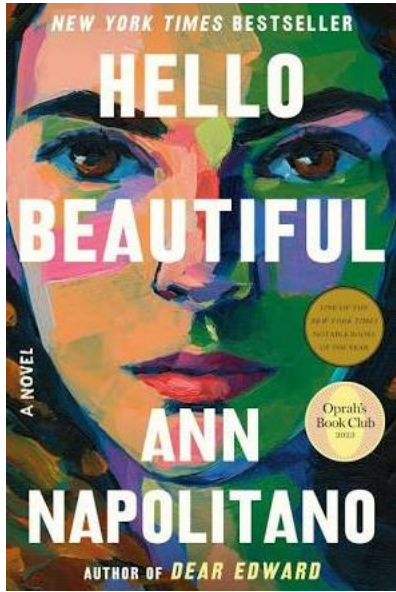
- ◆ Dial: 1-929-205-6099
- ◆ Meeting ID: 208 938 0884#

◆ **WOMAN TO WOMAN BOOK CLUB | March 27<sup>TH</sup> from 7-8pm**

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](mailto:womantowoman@mountsinai.org) for assistance.**

**MARCH SELECTION, Hildred's Pick:** *Hello Beautiful* by Ann Napolitano



**A BEST BOOK OF THE YEAR:** *The New York Times Book Review, NPR, The Washington Post, Time, Vogue, Glamour, Harper's Bazaar, New York Post, She Reads, Bookreporter*

Pick up a copy [here](#) or wherever books are sold.

**To join by video, click [HERE](#):**

- If prompted, enter Meeting ID: 865 7625 2999

William Waters grew up in a house silenced by tragedy, where his parents could hardly bear to look at him, much less love him—so when he meets the spirited and ambitious Julia Padavano in his freshman year of college, it's as if the world has lit up around him. With Julia comes her family, as she and her three sisters are inseparable: Sylvie, the family's dreamer, is happiest with her nose in a book; Cecelia is a free-spirited artist; and Emeline patiently takes care of them all. With the Padavanos, William experiences a newfound contentment; every moment in their house is filled with loving chaos.

But then darkness from William's past surfaces, jeopardizing not only Julia's carefully orchestrated plans for their future, but the sisters' unshakeable devotion to one another. The result is a catastrophic family rift that changes their lives for generations. Will the loyalty that once rooted them be strong enough to draw them back together when it matters most?

An exquisite homage to Louisa May Alcott's timeless classic, *Little Women*, *Hello Beautiful* is a profoundly moving portrait of what is possible when we choose to love someone not in spite of who they are, but because of it.

**To join by phone:**

- ◆ Dial: 1-646-558-8656
- ◆ Meeting ID: 865 7625 2999#

### ◆ BRCA AWARENESS | MARCH 28<sup>H</sup> from 1-2pm

Having the BRCA mutation comes with some tough choices. Choices that many, unless in a similar circumstance don't understand. We do. The purpose of this group is to talk about the impact the BRCA mutation has on your physical and emotional health and how you manage it. This group will be co-led by an oncology social worker and a Woman to Woman survivor volunteer who has the BRCA mutation.

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### ◆ SAVE THE DATE: THE WOMAN TO WOMAN 24<sup>TH</sup> REUNION LIVE: GUT HEALTH AND A HEALTHIER YOU

April 13<sup>TH</sup> from 10am-12:30pm at Saint Jean Baptiste School at 173 East 75th Street, New York, NY 10021

Explore the link between your gut health, cancer journey 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. Debbie Bessen, MS, RD, CSO, CLT is the Nutrition Outreach Manager for Holy Name Medical Center and has over 25 years of experience as a registered dietitian nutritionist with broad experience within the field. She holds a Master of Science, is a Board-Certified Specialist in Oncology and specially trained to help with food sensitivity issues as a Certified LEAP (Lifestyle Eating and Performance) Therapist. Brunch will be served. We look forward to seeing you in person!

Our community of survivors and mentors brings hope to women who might otherwise face treatment alone and scared. We rely on the generosity of donors like you to achieve our mission of empowering women throughout their gynecologic cancer journeys. Please consider joining our community of supporters by making a gift to the Woman to Woman program today. Scan the code below to donate now:



#### CONTACT US:

Online: [mountsinai.org/womantowoman](https://mountsinai.org/womantowoman) | Email: [womantowoman@mountsinai.org](mailto:womantowoman@mountsinai.org) | Phone: [212-241-3793](tel:212-241-3793)

#### FOLLOW US ON FACEBOOK:

[www.facebook.com/groups/WomanToWomanMountSinai](https://www.facebook.com/groups/WomanToWomanMountSinai)

#### MISSED A SESSION? CHECK OUT OUR VIDEO LIBRARY:

YouTube: <https://www.youtube.com/channel/UCSgVARNxXJovIjdKVygp2Sg>