

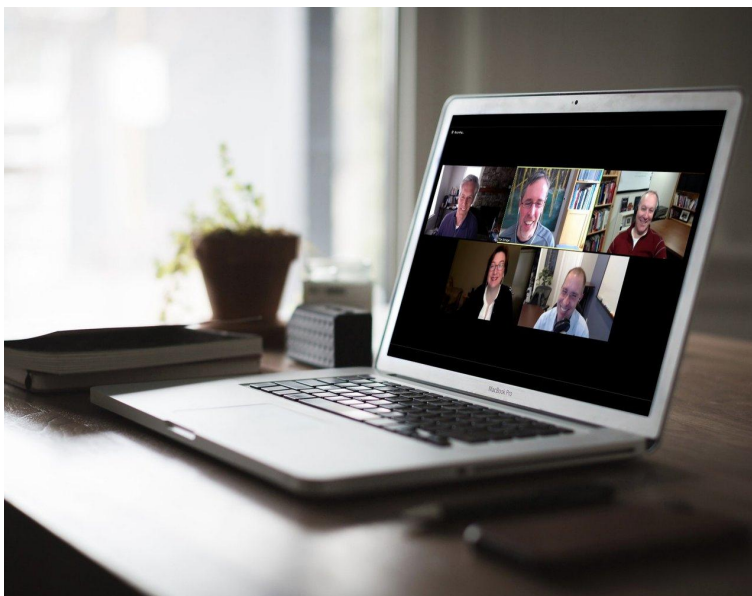
CANCER SUPPORTIVE SERVICES

SEPT
2020

We've gone virtual but we are still here to provide you support! We are using zoom to offer FREE programming for patients and caregivers. Zoom is an online platform which is accessible via phone, laptop, desktop, and tablet. We have included the links, dial in numbers and meeting IDs so you can join us.

HOW TO ZOOM

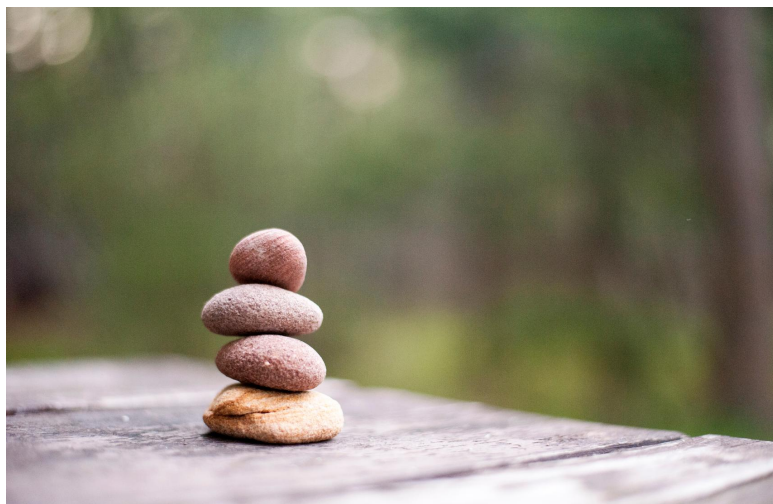
1. Go to zoom.us on your computer tablet or phone
2. Click the button in the top right corner that says "Sign Up, It's Free!"
3. Create an account and check your email to activate your account
4. When it is time for the group or activity you want to participate either click or type in the link in your open browser or open zoom and when click join a meeting and type in the meeting ID. If you don't have a working microphone or don't want to download zoom, call in using the phone numbers listed



MEDITATION WITH ALICE

Join Alice on **Monday, Wednesday and Friday** for a **thirty minute guided meditation at 12:00pm** to find focus, peace, and calm and learn to let go of your anxiety and stress!
Please note meditation will NOT meet on Sept 2, 4 or 7th

<https://zoom.us/j/6965853710>
or call in to 1-646-876-9923
Meeting ID: 696-585-3710



YOGA FOR CANCER SURVIVORS WITH ROBERTA

Looking to find a little peace of mind and stretch your body?
Join Roberta for a virtual Yoga practice on **Fridays at 2:00-3:30pm on zoom.**

<https://us04web.zoom.us/j/730613875>
Meeting ID: 730-613-875



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



YOGA FOR MEN WHO ARE CANCER SURVIVORS WITH JERRY

Join Jerry Snee for a virtual community and
Yoga practice on Thursdays 3:00-4:30pm
please note that this virtual yoga session
has reverted to the usual time on
Thursdays.

Meeting ID: 218 039 812

PASSWORD: 202020

<https://zoom.us/j/218039812>

CRAFTING WITH THE CREATIVE CENTER

The Creative Center is presenting Art Workshops via Zoom. Please email **info@thecreativecenter.org** for the workshop flyer which includes description, instructor bio, supplies you'll need to gather and the Zoom link! **Individual sessions with our Artist in Residence** are also available in Spanish and English.

Email **info@thecreativecenter.org** for more information about individual and group art projects.



MOUNT SINAI VOCAL ENSEMBLE

Join our Mount Sinai Vocal Ensemble for
a little musical delight.

The group meets on Zoom

Mondays at 1:00pm

Join in whether to sing yourself or to
enjoy a little music from the comfort of
your own home. (This group **will** meet on
Sept 7th, Labor Day)

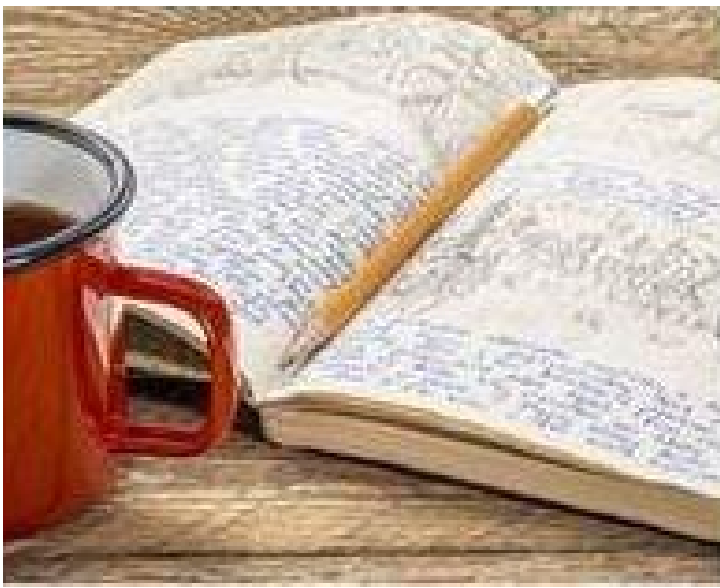
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or call in to 1-646-876-9923

Meeting ID: 696-585-3710



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JOURNALING AND WRITING WORKSHOPS WITH EMILY

Join our **Monday and Wednesday Journaling and Writing Workshops** at **3:00 pm** 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! Email Emily to get the Zoom link and password: erubin219@gmail.com

Mondays: 3pm Sept 14, 21, 28

Wednesdays: 3pm Sept 9, 16, 23, 30

KNITTING GROUP

Check in with friends, work on your knitting or crocheting, discuss projects you are thinking about, show off what you are working on! You might even get inspired by our group of weekly knitters. **Thursdays from 12:30-1:30PM.** Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem.

<https://zoom.us/j/6965853710>

or call in to 1-646-876-9923

Meeting ID: 696-585-3710



RELAJACION Y MEDITACION

¿Tienes ansiedad por tu diagnóstico? Acompáñanos para aprender técnicas de relajación y meditación

Todos los Martes 1:00-1:30pm

Para más información contacta:

[silvia.mejia@mountsinai.org/](mailto:silvia.mejia@mountsinai.org)
646-527-0226

<https://zoom.us/j/6965853710>

or call in to 1-646-876-9923

Meeting ID: 696-585-3710



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SEPHORA STANDS

Classes for Confidence

BRAIN TUMOR SUPPORT GROUP

Seeking support for yourself or a loved one with a Brain Tumor? This open session allows you to share experiences, learn from others' experiences, exchange ideas and obtain support. It is led by Mount Sinai social workers, nurses and neurosurgeons.

Join this weekly online support group.

Thursdays at 4:00pm

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

BRAVE BEAUTY IN THE FACE OF CANCER WITH SEPHORA

Join us for a virtual Brave Beauty class to discover techniques and products that address the visible effects of cancer treatments. Get skincare tips tailored to your needs and receive step by step instructions for creating a radiant complexion, natural looking brows, and defined eyes. **Products specifically for you will be sent to you before the class.** Participation is limited, so register early by August 21st to reserve your spot and make sure you get your care package and your personal instruction!

September 8th at 2:00pm

To RSVP contact: Alyssa Freeman, LMSW
alyssa.freeman@mountsinai.org



LATINA SHARE SUPPORT GROUP FOR WOMEN WITH BREAST & OVARIAN CANCER

Join LatinaSHARE for a support group in Spanish for our Mount Sinai Cancer Center patients with Breast or Ovarian cancer.

September 17th at 2:30pm

September 23rd at 2:30pm

To register call 844.275.7427, Todos podran registrarse llamando al 212.221.1626 O
palcivar@sharecancer-support.org

Apoyo con experiencia y dedicación

SHARE

para mujeres con cáncer de seno o de ovario

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

SEPTEMBER

IS BLOOD CANCER AWARENESS MONTH



LEUKEMIA &
LYMPHOMA
SOCIETY®

#FightBloodCancer

SURVIVING SURVIVORSHIP: MANAGING LIFE DURING & AFTER A BLOOD CANCER DIAGNOSIS

Join this 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.

Thursday, September 17th 6:00-7:00 pm

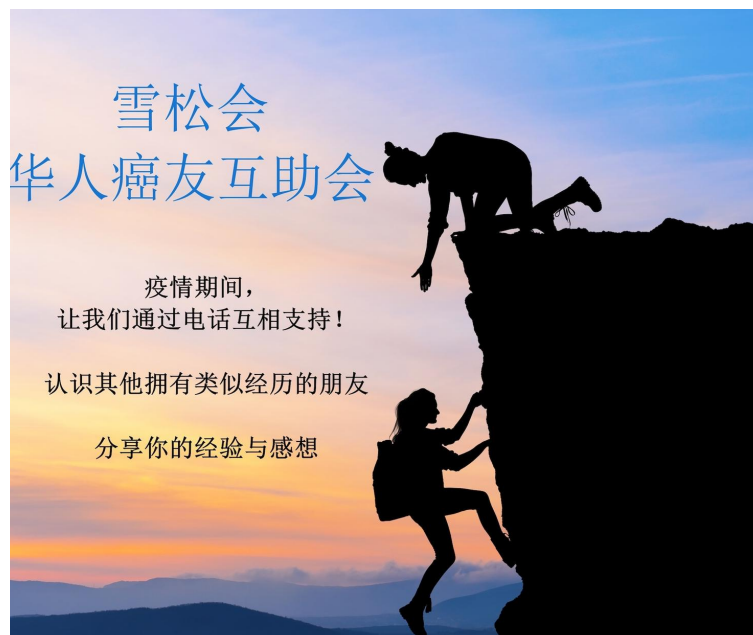
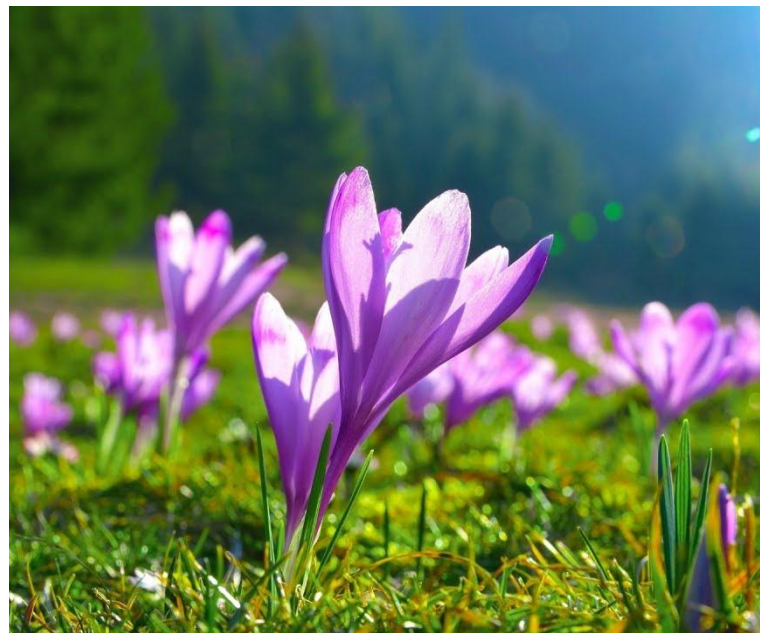
Facilitated by **Meghan Shafer, LMSW** RSVP to meghan.shafer@mountsinai.org/212-636-3443 for the workshop Zoom information

RELAXATION TECHNIQUES TO PREPARE FOR SURGERY

Meditation and Hypnosis are powerful tools in preparing the mind and body for surgery. Join **Nancy Bourque, LCSW** to learn techniques to prepare you for your upcoming cancer surgery.

Tuesday, September 22nd 2:00-3:00 pm

RSVP to Nancy Bourque, LCSW, OSW-C
email: Nancy.bourque@mountsinai.org/
212-604-6097 for the Zoom information



雪松会
华人癌友互助会

疫情期间，
让我们通过电话互相支持！

认识其他拥有类似经历的朋友

分享你的经验与感想

MANDARIN & CANTONESE SUPPORT GROUP

Join **Mi (Emma) Zhou, LCSW** for a monthly support group in Mandarin and Cantonese. Share your stories with people with similar experiences.

Tuesday, Sept 15 at 2pm-3pm

<https://zoom.us/j/6965853710>
or call in to 1-646-876-9923
Meeting ID: 696-585-3710



WOMAN TO WOMAN GYN-ONC GROUP

Women diagnosed with gynecologic cancer are invited to join our phone support group meetings. Connect with other women also going through treatment and our network of volunteer survivors by phone.

Every Thursday 11:00-12:00

<https://bit.ly/2YSQvqW>

Meeting ID: 810 7121 3468 Call in-
1646-558-8656, Meeting ID- 810 7121
3468

WOMAN TO WOMAN WE'RE TOO YOUNG FOR THIS EVENT

Join other gynecological cancer patients for drinks and catching up on

Thursday, **Sept 17th, 6:00-7:00pm.**

As a new season is upon us, we'll discuss the process of starting over, beginning again and having the courage to dream.

With your peers, we'll brainstorm about how to make those dreams and goals come true. We'd love to know what you've been daydreaming about!

<https://bit.ly/2ZUuQ2c>

Meeting ID: 757 176 6991

Call in-646-558-8656 Meeting ID- 7571766991



WOMAN TO WOMAN LIVING WITH RECURRENT GYNECOLOGIC CANCER

This group is for survivors of gynecologic cancer who have experienced a recurrence.

Tuesday, Sept 8th, at 12:00-1:00

Gain support, learn and share resources with those who have faced cancer a second time.

<https://bit.ly/2ZUuQ2c>

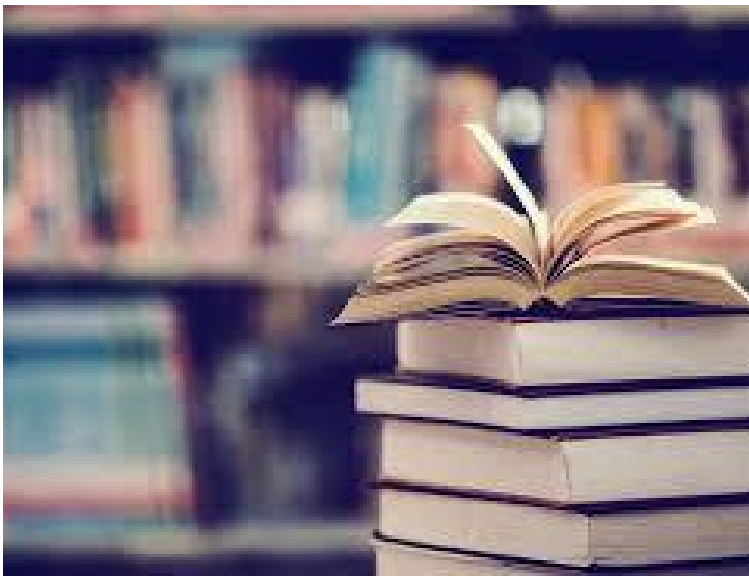
Meeting ID: 757

176 6991 Call in- 646-558-8656

Meeting ID- 7571766991



Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org



WOMAN TO WOMAN BOOK CLUB

Join our woman to woman book club! Join W2W volunteer Emily Mlynek, a senior marketing manager at Penguin House, to discuss a range of selections. All are welcome, whether you finished the book or not! We meet the last Tuesday of every month.

This month's book:

Atomic Love by Jennie Fields

Tuesday, Sept 29th from 6:30-7:30pm

<https://bit.ly/3ft2MZv>

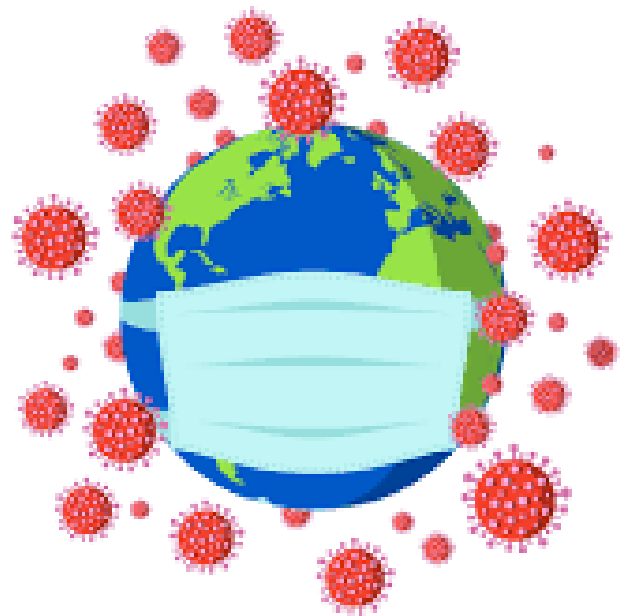
Meeting ID: 819 3220 6252 Call in- 646-558-8656/Meeting ID- 81932206252

WOMAN TO WOMAN: ACTUALIZACION SOBRE COVID 19- DONDE ESTAMOS Y HACIA DONDE VAMOS?

Seminario web en español para sobrevivientes latinas de cáncer ginecológico. Colaboración conjunta con el Fondo Lewin para Combatir el Cáncer de la Mujer, Gilda's Club y LatinSHARE.

Actualización sobre COVID 19 - ¿Dónde estamos y hacia dónde vamos? Dirigida por el Dr. Fernando Camacho del Centro Médico Montifiore. Para rsvp y recibir la información de la reunión de Zoom, envíe un correo electrónico a womantowoman@mountsinai.org

**Viernes 25 de septiembre a las
2:00 p.m.**



WOMAN TO WOMAN: WHY CLINICAL TRIALS ARE SO IMPORTANT FOR WOMEN WITH GYN CANCER WITH DR. BLANK

Join **Dr. Blank**, Director of Gynecologic Oncology for the Mount Sinai Health System for a discussion on the importance of clinical trials for women with a gynecologic cancer

Thursday, Sept 24th, 11:00am

<https://bit.ly/2YSQvqW>

Meeting ID: 810 7121 3468 Call in- 1646-558-8656, Meeting ID- 810 7121 3468



Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org



NIA MOVING TO HEAL WOMEN LIVING WITH CANCER ONLINE WITH THE JCC

Join **Caroline Kohles** to learn to slow down and personalize movement for your body while focusing on feeling better regardless of your physical condition

**Zoom Meeting <https://zoom.us/j/156671053>
Meeting ID: 156 671 053**

MOVING FOR LIFE ONLINE WITH THE JCC

Join Moving for Life instructors, for gentle dance exercise for women living with cancer. Classes concentrate on restoring upper body movement

Wednesdays

12:00-1:00pm on Zoom

Saturdays

11:00am-12:00pm on Zoom

to register email

**boxoffice@mmjccmanhattan.org to obtain
link or call 646.505.5708**



HEALING YOGA FOR WOMEN LIVING WITH CANCER & YOGA 4 CANCER ONLINE WITH THE JCC

HEALING YOGA- Join Jerry Snee, for this restorative yoga class. The classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of that surgery and chemo and radiation. At this time classes are open to all cancer survivors.

Thursdays, 6:45-8pm

<https://zoom.us/j/125750048> Password: 210811

Meeting ID: 125 750 048

YOGA 4 CANCER- Join Leorna Leung to build strength and flexibility in safe ways that stimulate your immune system and build bone density and cultivating a sense of well-being

Sundays, 3:00-4:15pm

<https://zoom.us/j/279764233> Meeting ID: 279 764 233



Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org



BROADWAY'S BEST FOR BREAST CANCER: STAYING HEALTHY & STRONG DURING COVID ONLINE WITH THE JCC

Monday Sept 14, 6:00-7:00pm

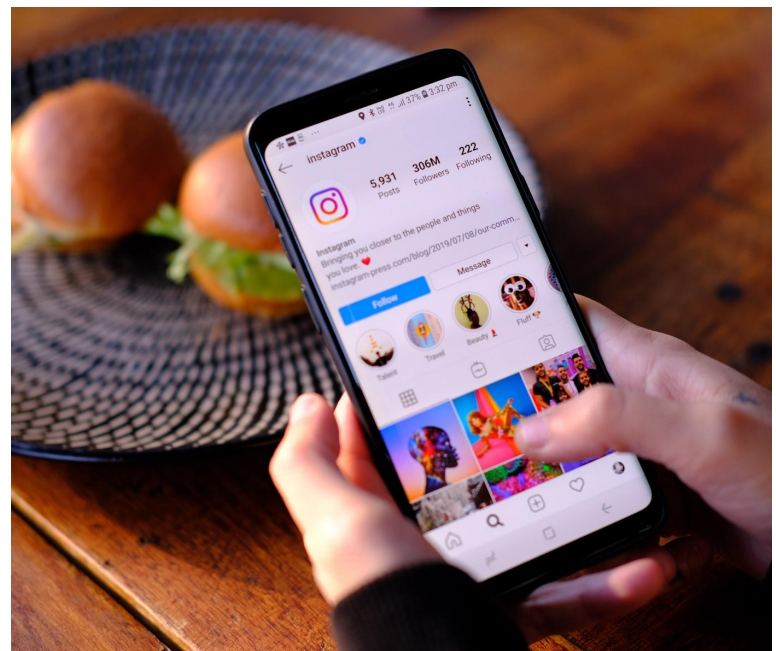
Meet Mandy Gonzalez (Broadway star, Hamilton, Wicked) and Caroline Kohles, Senior Director at the JCC, and fellow Broadway performers and watch them perform. Hear top health and wellness experts discuss how life is effected during and after cancer and have your questions answered too.

Please contact Registration by email at boxoffice@mmjccm.org

FOLLOW OUR INSTAGRAM

Follow our instagram for our most updated information on programing, resources, and helpful information from our cancer supportive services team.

@MSHScancersupportiveservices



THANK YOU TO OUR FUNDERS

**We would like to thank the
following funders:**

**Marisa Acocella Foundation
Through a Grant from
Bloomingdales, Lower Manhattan
Cultural Council, Poets & Writers,
and NYCT**



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