

OCTOBER 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Happy Halloween from Woman to Woman!</p> <p>For details and dial-in info, see session descriptions on pages 2-5.</p> <p>We hope you'll join us!</p>					1	2	
3	<p>4</p> <p>COVID and Cancer: Enhancing Resilience Part 1 12-1pm</p>	5	<p>6</p> <p>Dignity & the Cancer Experience, in partnership with Sharsheret 10-11am</p>	<p>7</p> <p>Gynecologic Cancer Support Group: Genetic Testing 11am-12pm</p>	8	9	
10	11	<p>12</p> <p>Living with Recurrent Gynecologic Cancer 12-1pm</p>	13	<p>14</p> <p>Gynecologic Cancer Support Group 11am-12pm</p>	15	16	
<p>TUESDAY OCTOBER 26TH:</p> <p>COVID and Cancer: The Patient Service Center 12-1pm</p> <p>W2W Book Club: The Last Thing He Told Me 7:30-8:30pm</p>		<p>18</p> <p>Now What? Long-Term Survivor Group 12-1pm</p>	19	20	21	22	23
		25	<p>26</p> <p>DOUBLE PROGRAMMING!</p>	27	28	29	30 (Saturday)
							31 (Sunday)



OCTOBER 2021

◆ **WOMAN TO WOMAN GYNECOLOGIC CANCER SUPPORT GROUP | every Thursday from 11am-12pm**

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: 841 7354 5693

To join by phone:

- Dial: 1-929-205-6099
- Meeting ID: 841 7354 5693#

OCTOBER GUEST SPEAKERS:

If you have any questions that you would like our presenters to answer, please e-mail them to WomantoWoman@mountsinai.org prior to the group.

OCTOBER 7TH: Genetic Testing and Hereditary Risk for Gynecologic Cancer

Tehilla Brander, Cancer Genetic Counselor at the Icahn School of Medicine at Mt Sinai's Department of Genetic and Genomic Sciences, will review the genetics of hereditary cancer, highlight genes related specifically to GYN related cancer, discuss some of the complexity of genetic testing and the implications for individuals and their family members.

OCTOBER 21ST: Sex After A Gynecologic Cancer

Mollie Finkel, NP, Clinical Program Manager of GYN-Oncology, will discuss how to increase pleasure and decrease pain during sex after a gynecologic cancer diagnosis. Mollie leads the Women's Sexual Health Program at the Comprehensive Women's Cancer Program at the Blavatnik Family- Chelsea Medical Center at Mount Sinai and has worked to develop the Comprehensive Women's Cancer program for the Mount Sinai Health System by creating programs in Oncofertility, Survivorship and Sexual Health, genetic testing, and supportive services for patients and families.

◆ **COVID AND CANCER: Enhancing Resilience – Part 1 | October 4th from 12-1pm**

All Woman to Woman community members are invited to participate in a three-part series scheduled over a six month period aimed at enhancing resilience emotionally, socially, and physically through interactive exercises, informative lectures, and guided self-reflection. The workshops will be led by Elicia Enriquez, LCSW, Clinical Social Worker, Center for Stress, Resilience and Personal Growth, The Icahn School of Medicine at Mount Sinai.

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

- If prompted, enter Meeting ID: 889 4133 7937

To join by phone:

- Dial: 1-929-205-6099
- Meeting ID: 889 4133 7937#

◆ **DIGNITY & THE CANCER EXPERIENCE | October 6th from 10-11am**

A cancer diagnosis can bring feelings of loss of control, and treatment may alter our appearance and our abilities temporarily or permanently. Dignity is about self-determination: from how we present ourselves, to being able to complete certain tasks without assistance, to making decisions on our own. Learn about how meeting your non-medical needs and maintaining dignity is an integral part of healing and a pillar of the cancer experience.

Register in advance for this meeting by clicking [HERE](#). After registering, you will receive a confirmation email containing information about joining the meeting.

◆ **LIVING WITH RECURRENT GYNECOLOGIC CANCER | October 12th from 12-1pm**

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#

◆ **NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | October 18th from 12-1pm**

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.

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

- If prompted, enter Meeting ID: 825 1724 0941

To join by phone:

- Dial: 1-929-205-6099
- Meeting ID: 825 1724 0941#

◆ **WOMAN TO WOMAN'S 19TH REUNION | October 23RD from 10-11:30am**

Woman to Woman Gives Back: Join the Woman to Woman community for a morning of inspiration, collaboration and action.

Panelists will include:

- Valerie Goldfein, Founder - Woman to Woman
- Carolyn Taylor, Founder/Executive Director - Global Focus on Cancer
- Lisa Ehrlich, Volunteer - Central Synagogue's Why Knot Knit
- Travis Thomas, Chapter Leader - National Cervical Cancer Coalition, Bronx/Harlem
- Julio A. Sousa, Owner - JJ Salon New York, Inc.

RSVP by October 18th to womantowoman@mountsinai.org or 212-241-3793.

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

- If prompted, enter Meeting ID: 826 7876 4545

To join by phone:

- Dial: 1-929-205-6099
- Meeting ID: 826 7876 4545#

◆ **WOMAN TO WOMAN BOOK CLUB | October 26th from 7:30-8:30pm**

Join Woman to Woman to discuss a monthly book club pick from a range of genres and styles. 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.

OCTOBER SELECTION: *The Last Thing He Told Me* by Laura Dave The day the feds raid his high-tech firm, Owen disappears and leaves behind his new wife, Hannah, with \$600,000 in cash, his sullen teenager Bailey, and a hand-scrawled note: “Protect her.” The rapid-fire pacing never lets up as Hannah delves into Owen’s past and excavates layer after layer of lies, discovering truths even Bailey never knew—as well as a lethal enemy. Pick up a copy [here](#) or wherever books are sold.

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#

◆ **COVID AND CANCER: THE PATIENT SERVICE CENTER | October 26th from 12-1pm**

Please join Emma Cohen, Administrative Manager in The Mount Sinai Hospital Patient Service Center, to learn about this helpful resource for patients and caregivers. The patient representatives are available to assist with any questions, complaints, or concerns patients and their caregivers may have with the goal of advocating for the best possible patient experience. The Patient Service Center is also a valuable resource for information regarding medical records, patients’ rights and the Language Assistance Program which is key in ensuring accessibility to language services and support.

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

- If prompted, enter Meeting ID: 810 5591 3318

To join by phone:

- Dial: 1-929-205-6099
- Meeting ID: 810 5591 3318#

WOMAN TO WOMAN provides women in treatment and survivors of gynecologic cancer with emotional, educational, and financial support; resources to promote self-advocacy; and community, strength, and hope today and for the journey ahead.

CONTACT US:

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

FOLLOW US ON FACEBOOK:

www.facebook.com/groups/WomanToWomanMountSinai

MISSED A SESSION? CHECK OUT OUR VIDEO LIBRARY:

YouTube: <https://www.youtube.com/channel/UCSgVARNxXJovljdKVygp2Sg> | Vimeo: <https://vimeo.com/womantowoman>