

SEPTEMBER 2023



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SAVE THE DATE! The Woman to Woman 23rd Reunion LIVE! The Healing Power of Kindness and Connection November 4 th from 10am-12:30pm							1	THURSDAY, SEPTEMBER 14TH: Gynecologic Cancer Support Group: Medical Advances in Gynecologic Cancer: 10am-11am Pain Management 12-1pm	
WEDNESDAY, SEPTEMBER 27TH: Gynecologic Cancer Support Group 12-1pm W2W Book Club One True Loves 7-8pm Cooking Demo Tahini 8-9pm		5	6 Gynecologic Cancer Support Group: Surviving and Thriving 12-1pm	7	8				
		12 Living with Recurrent Gynecologic Cancer 12-1:15pm	13	DOUBLE PROGRAMMING!		14 Pain Management 12-1pm	15		
TUESDAY, SEPTEMBER 26TH: Let's Talk BRCA 10am-11am Navigating a Gynecologic Cancer Diagnosis 6-7pm		19 Now What? Long-Term Survivor Group 12-1pm	20 Gynecologic Cancer Support Group: 12-1pm	21 Pain Management 12-1pm	22	TUESDAY, SEPTEMBER 28TH: Pain Management 12-1pm Cáncer ginecológico en mujeres mayores con la Dra. Naly Cruz 6-7pm			
		25	DOUBLE PROGRAMMING!		26				
		27	TRIPLE PROGRAMMING!		28				
		29	DOUBLE PROGRAMMING!		30				

TUESDAY, SEPTEMBER 26TH:

[Let's Talk BRCA](#)
 10am-11am

[Navigating a Gynecologic Cancer Diagnosis](#)
 6-7pm

THURSDAY, SEPTEMBER 14TH:

[Gynecologic Cancer Support Group:](#)
Medical Advances in Gynecologic Cancer:
 10am-11am

[Pain Management](#)
 12-1pm

TUESDAY, SEPTEMBER 28TH:

[Pain Management](#)
 12-1pm

[Cáncer ginecológico en mujeres mayores con la Dra. Naly Cruz](#)
 6-7pm



SEPTEMBER 2023

◆ **WOMAN TO WOMAN GYNECOLOGIC CANCER SUPPORT GROUP | Wednesdays 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
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SEPTEMBER GUEST SPEAKERS:

SEPTEMBER 6TH: Surviving and Thriving

Dr. Carli Blau, therapist and founder of Boutique Psychotherapy will be speaking about thriving and surviving through cancer. With over 1.9 million new diagnoses of cancer on a yearly basis, this talk focuses on the importance of supporting more than our bodies through medical treatment, but also our emotions, hearts and minds. Cancer affects all individuals differently and Dr. Blau will be speaking about how we can all remain empowered and maintain intimacy through our darkest days, after all, as she often says, "it's in our darkness that we find glimmers of light".

SEPTEMBER 14TH: 20 Medical Advances in the Treatment of Gynecologic Cancer with Dr. Stephanie Blank

Note: This session is on Thursday at 10am instead of Wednesday at 12pm

In honor of Woman to Woman's 20th anniversary Dr. Blank will highlight the growth and headway that has been made in the treatment of gynecologic cancer. Stephanie V. Blank, MD, is Director of Gynecologic Oncology for the Mount Sinai Health System and a Professor in the Department of Obstetrics, Gynecology, and Reproductive Science at the Icahn School of Medicine at Mount Sinai.

◆ LIVING WITH RECURRENT GYNECOLOGIC CANCER | September 12TH from 12-1:15pm

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.

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◆ PAIN MANAGMENT: A SPECIAL 3 SESSION SERIES

Three consecutive Thursdays from 12-1pm: September 14th, 21st and 28th

In this lecture series with Life Coach and Certified Hypnotist, Emma Ehrenzeller, you'll learn about how pain works in the body and mind, while also exploring self-guided tools to manage and decrease chronic pain associated with the cancer journey. You'll walk away from each 1-hour session with tangible pain management tools that you can implement in your daily life, as well as an understanding of the science behind pain and pain management. Each session will include a 30-minute lesson on a different component of pain management followed by a live group hypnosis session at decreasing pain and the stress associated with it.

Please note: The sessions will not address external interventions for pain management such as medication or medical marijuana. The series will be focused solely on the mind-body connection.

September 14th | Session 1: Understanding Pain in the Body and Brain

Emma will review how pain works through the brain and body, laying a foundation for your understanding of pain as it relates to your cancer journey. We'll cover how different brain areas affect your physical and mental experience of pain. We'll conclude the session with a 20-minute hypnotic meditation to help you relax your body and mind and manage any chronic or acute pain in the future.

September 21st | Session 2: Changing Your Mental State & Emotions to Decrease Pain

Your mind is just as involved in pain as your body is. This session will cover the various psychological and emotional factors that can increase or decrease how much pain you actually experience before, during, and after a procedure that may be painful. The session will conclude with a 20-minute hypnotic meditation for decreasing anxiety and feeling more in control of your emotions when faced with physical pain.

September 28th | Session 3: Using Pain Management Techniques to Decrease Chronic & Acute Pain

This session will review a variety of techniques you can use to manage pain in different situations, covering everything from breathwork, to progressive muscle relaxation, to self-hypnosis, and more. These are simple, powerful tools to relax your body, ease your anxiety, and decrease your experience of pain. We'll conclude with a hypnotic meditation to practice these pain management techniques!

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

- If prompted, enter
Meeting ID: 208 938 0884

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

◆ NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | September 18TH 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

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◆ LET'S TALK BRCA | September 26TH from 10-11am

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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◆ NAVIGATING A GYNECOLOGIC CANCER DIAGNOSIS | September 26TH from 6-7pm

If you have been diagnosed with ovarian, cervical, uterine or endometrial or any other gynecologic cancer and would like to learn about helpful resources and become part of a supportive community, please join us for an interactive webinar with Special Guest Speakers:

- Dr. Elizabeth Dickson Michelson, a Board-Certified Gynecologic Oncologist from Baycare Clinic
- Social worker Aimee Sax, Sharsheret California Program Support Manager
- And an inspirational survivor story from Gynecologic Cancer survivor Sahar Baghail

Click [HERE](#) to join.

For more information: friends@wisconsinovariancancer.org or 262-797-7804

◆ WOMAN TO WOMAN BOOK CLUB | September 27TH 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 for assistance.

SEPTEMBER SELECTION, Robin's Pick: *One True Loves* by Taylor Jenkins Reid

From the author of *Maybe in Another Life*—named a *People* Magazine pick—comes a breathtaking new love story about a woman unexpectedly forced to choose between the husband she has long thought dead and the fiancé who has finally brought her back to life.

In her twenties, Emma Blair marries her high school sweetheart, Jesse. They build a life for themselves, far away from the expectations of their parents and the people of their hometown in Massachusetts. They travel the world together, living life to the fullest and seizing every opportunity for adventure.

On their first wedding anniversary, Jesse is on a helicopter over the Pacific when it goes missing. Just like that, Jesse is gone forever.

Emma quits her job and moves home in an effort to put her life back together. Years later, now in her thirties, Emma runs into an old friend, Sam, and finds herself falling in love again. When Emma and Sam get engaged, it feels like Emma's second chance at happiness.

That is, until Jesse is found. He's alive, and he's been trying all these years to come home to her. With a husband and a fiancé, Emma

has to now figure out who she is and what she wants, while trying to protect the ones she loves.

Who is her *one true love*? What does it mean to love truly?

Emma knows she has to listen to her heart. She's just not sure what it's saying.

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

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◆ **SHARSHERET/ WOMAN TO WOMAN COLLABORATION- COOKING DEO: TAHINI TWO WAYS | September 27TH from 8-9pm**

Join us for "Tahini two ways: savory and sweet recipes with your favorite sesame condiment" when Amy Kritzer Becker from moderntribe.com shares some unique and delicious tahini recipes. This program is part of the "Sharsheret in the Kitchen" series, which brings nutritious meal options to help empower those at risk for breast and ovarian cancer to make healthier dietary choices.

Register here: <https://sharsheret-org.givecloud.co/product/SITK-Amykritzer/tahini-two-ways-savory-and-sweet-recipes-with-your-favorite-sesame-condiment-with-amy-kritzer>

◆ **CÁNCER GINECOLÓGICO EN ADULTOS MAYORES CON DR. NYLA CRUZ | September 28TH from 6-7pm**

Los cánceres ginecológicos son un tema serio para cualquier persona de cualquier edad. Los aspectos físicos, como recibir un diagnóstico y recibir tratamientos, y los aspectos emocionales, como aceptar el diagnóstico, compartirlo con otros y vivir con los cambios que puede traer, son temas importantes de discusión. Únase a nosotros para aprender con la Dra. Naly Cruz sobre cómo las mujeres mayores se ven afectadas específicamente por los cánceres ginecológicos.

Este evento es para pacientes con cáncer y sus familias y se llevará a cabo en español.

Regístrese para este evento aquí: <https://us02web.zoom.us/meeting/register/tZModu2sqj0vGNHfhqO0SJawduHAKTgXzihj>

◆ **SAVE THE DATE: THE WOMAN TO WOMAN 23RD REUNION LIVE: THE HEALING POWER OF KINDNESS AND CONNECTION |**

November 4th from 10am-12pm at Saint Jean Baptiste School at 173 East 75th Street, New York, NY 10021

Ready to feel inspired and boost your health? Want to feel supported and less alone? Join us for an uplifting conversation about the transformative power of kindness and friendship on our mental, emotional, and physical wellbeing. In this heartwarming workshop with Dr. Kelli Harding, author of ***The Rabbit Effect: Live Longer, Happier, and Healthier with the Groundbreaking Science of Kindness***, and Dr. Irwin Epstein we'll delve into the surprising science of kindness and learn actionable tips to infuse kindness, joy, and purpose into your everyday life.

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

FOLLOW US ON FACEBOOK:

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MISSED A SESSION? CHECK OUT OUR VIDEO LIBRARY:

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