## JUNE 2024

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>Gynecologic Cancer Support Group: 12:30-1:30 pm Radiation 101</td>
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<td>PROGRAMMING!</td>
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<td>Mini Morning Mindfulness Meditation 10-10:20am</td>
<td>Women of Color Navigating Cancer 12-1pm</td>
<td>Mini Morning Mindfulness Meditation 10-10:20am</td>
<td>Living with Recurrent Gynecologic Cancer 12-1:15pm</td>
<td>Gynecologic Cancer Support Group: 12-1pm</td>
<td>BRCA AWARENESS 10-11am</td>
<td>Fitness Therapy Fusion- Live 12-1pm</td>
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<td><strong>TUESDAY, JUNE 25TH:</strong></td>
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<td>DOUBLE PROGRAMMING!</td>
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<td>Thriving with Woman to Woman - 12-1pm Embracing Hope</td>
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<td>Woman to Woman Book Club: The Women by Kristin Hannah 7-8pm</td>
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<td>Gynecologic Cancer Support Group: 12-1pm The Joy of Journaling</td>
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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#

*Please note that we are not meeting on 6/19*

**JUNE GUEST SPEAKERS:**

**JUNE 5TH at 12:30 pm - Radiation 101 with Dr. Vishal Gupta**

In this presentation Dr. Gupta will give an overview of radiation therapy and then dive into the different types of radiation treatments utilized for gynecologic cancers. He will also discuss common side effects of radiation. Dr. Gupta is an Associate Professor in the Department of Radiation Oncology at Mount Sinai Health System. He specializes in the treatment of gynecologic malignancies, has >70 publications in major oncology journals and has presented his work at international conferences. Dr. Gupta is also dedicated to physician education and served as the Associate Residency Program Director in his and earned the Association of Residents in Radiation Oncology (ARRO) Educator of the Year Award in 2011, 2012 and 2016. He combines his passion for teaching with his interest in Global Health by serving as a Volunteer Consultant internationally.

**JUNE 26TH – The Joy of Journaling**

Writing can be a great way to cope with challenges. Journal writing is one of the tools that is effective in balancing and managing emotions and feelings. Journal writing empowers you to express difficult feelings in a safe and private manner and can allow you to come to terms with cancer at your own pace and own way. As a cervical cancer survivor Tangier Wallace turned to journaling and will lead a journaling session for the Woman to Woman community. During this hour Tangier hopes to teach others how to release their emotions and discover the creativity that comes with writing.
**MONDAY MORNING MINI MINDFULNESS MEDITATION | Every Monday from 10-10:20am**

Join us every Monday morning for a gentle and empowering 20-minute mindfulness meditation. Together, let’s cultivate inner peace, resilience, and a sense of well-being while we set intentions for any challenges to be faced in the week ahead. Take a moment for yourself at the beginning of each week and discover the transformative power of mindfulness in a supportive and nurturing environment. Sessions will be led by Ylfa Edelstein, born and raised in Iceland, who has been a seeker and student of yoga and contemplative studies for over 30 years. Ylfa offers mindfulness workshops for groups and individuals. She can be reached at ylfaedelstein@me.com.

To join by video, click [HERE](#).
- If prompted, enter Meeting ID: 416 883 2533

To join by phone:
- Dial: 1-646-931-3860
- Meeting ID: 416 883 2533 #

**WOMEN OF COLOR NAVIGATING GYNECOLOGIC AND BREAST CANCER | June 3rd 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.
This group is for women who identify as black, indigenous, or people of color (BIPOC) with gynecologic or breast cancer 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 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#

**LIVING WITH RECURRENT GYNECOLOGIC CANCER | June 11th from 12-1pm**

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#
♦ NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | June 17th 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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♦ BRCA AWARENESS | June 18th 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.

To join by video, click HERE:
• If prompted, enter Meeting ID: 757 176 6991

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♦ MIND & BODY IN HARMONY: FITNESS-THERAPY FUSION LIVE | June 18th from 12-1pm. Rain Date - June 20th from 12-1pm
Central Park (entrance across from Mount Sinai Hospital on 5th Avenue between 99th & 100th Streets)
Join us for an invigorating fusion of fitness and therapy in the heart of Central Park! Certified fitness trainer Robin McFadden will guide you through a holistic approach to wellness, combining gentle exercise with open dialogue. Whether you’re a seasoned fitness enthusiast or just starting your wellness journey, this session is designed for all levels. Engage in gentle exercises that promote physical well-being, explore your motivations, challenges, and goals related to both physical fitness and mental well-being and have fun!
SPIRITUALITY WITH CHAPLAIN KAREN TERRY | June 20th from 10-11am
Meets the third Thursday of every month.
Led by board certified interfaith chaplain, Karen Terry, the group will reflect on spirituality as a source of both strength and struggle. Spirituality is understood very broadly and participants of all belief systems are welcome. You do not have to be religious to participate in this group. Content varies based on participant interests but may include discussion of spiritual themes (gratitude, forgiveness, the transcendent, etc), sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text. This group is open to anyone impacted by cancer. Please contact Chaplain Karen Terry at Karen.terry@mountsinai.org or 212-824-8129 with questions.

To join by video, click HERE:
- If prompted, enter Meeting ID: 978 6019 0373

To join by phone:
- Dial: 1-646-931-3860
- Meeting ID: 978 6019 0373#

THRIVING WITH WOMAN TO WOMAN- EMBRACING HOPE | June 25th from 12-1pm
Meets the fourth Tuesday of every month.
“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. The June guest speaker will be Marji Lipschez Shapiro, former Deputy Director of the Connecticut Office of the Anti-Defamation League, on the subject of Embracing Hope. To have hope is to empower yourself in order to face the toughest of times and emerge a survivor.

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- Meeting ID: 208 938 0884#
**WOMAN TO WOMAN BOOK CLUB | June 25th from 7-8pm**

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

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**JUNE SELECTION, Caryn’s pick!**

*The Women* by Kristin Hannah

From master storyteller Kristin Hannah, #1 New York Times bestselling author of *The Nightingale* and *The Four Winds*, comes the story of a turbulent, transformative era in America: the 1960s. The Women is that rarest of novels—at once an intimate portrait of a woman coming of age in a dangerous time and an epic tale of a nation divided by war and broken by politics, of a generation both fueled by dreams and lost on the battlefield.

“Women can be heroes, too.”

When twenty-year-old nursing student Frances “Frankie” McGrath hears these unexpected words, it is a revelation. Raised on idyllic Coronado Island and sheltered by her conservative parents, she has always prided herself on doing the right thing, being a good girl. But in 1965 the world is changing, and she suddenly imagines a different choice for her life. When her brother ships out to serve in Vietnam, she impulsively joins the Army Nurse Corps and follows his path.

As green and inexperienced as the men sent to Vietnam to fight, Frankie is overwhelmed by the chaos and destruction of war, as well as the unexpected trauma of coming home to a changed and politically divided America.

The Women is the story of one woman gone to war, but it shines a light on the story of all women who put themselves in harm’s way to help others. Women whose sacrifice and commitment to their country has all too often been forgotten. A novel of searing insight and lyric beauty, The Women is a profoundly emotional, richly drawn story with a memorable heroine whose extraordinary idealism and courage under fire define a generation.

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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

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