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.

Survivors Day
Join us for a virtual live celebration hosted by Alison Snow, LCSW-R, OSW-C and Kaitlin Goldgraben, LCSW with physician speaker, Dr. Joshua Richter, as well as speeches, performances and demonstrations from Mount Sinai patients, staff, and team members.
**Sunday June 6, 11:00am-Noon**
Please RSVP to get the Zoom link cssevents@mountsinai.org or 212-844-6022

Cedar Club:
**Tai Chi Workshop with Sunny Tsang**
Tuesday, May 18th
11:00 PM – 12:00 PM
Join Sunny Tsang for a discussion about how to exercise at home.
To join via computer: https://bit.ly/37OCzo0
To join via telephone: dial 1-646-876-9923. Meeting ID: 320-489-3433

Grupo de Espiritualidad para Latinas
¿Te gustaría recibir apoyo usando tu espiritualidad y fe?
¿Estás buscando apoyo y conexión con otras mujeres que están pasando por una experiencia similar?
**Acompáñanos todos los martes de 1-1:45 por Zoom.**
Para más información puedes contactar a:
Silvia Mejia 646-527-0226 o Silvia.mejia@mountsinai.org
https://bit.ly/3sY1iy4
or call in to 1-646-876-9923
Meeting ID: 802-864-3528

Questions about Programming? Email Alison.snow@mountsinai.org
Mount Sinai Vocal Ensemble
Join our Mount Sinai Vocal Ensemble for a little musical delight. Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.
The group meets on Zoom on **Mondays at 1:00pm**
*No class Monday May 31st*
Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.
Meeting ID: 448 800 2565
Passcode: 506560

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
**Fridays at 2:00-3:30pm**
Please note that this is a virtual yoga class and will be held on zoom.
https://us02web.zoom.us/j/3770410700
Meeting ID: 377 041 0700

Yoga For Men Who are Cancer Survivors with Jerry
Join Jerry Snee for virtual community and Yoga practice on **Thursdays 3:00-4:30pm**
Please note that this is a virtual yoga class and will be held on zoom.
https://zoom.us/j/91453647590
Meeting ID: 914 5364 7590
Password: jccyogamen

Knitting Group
Knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. Enjoy friendly conversation while you work on your yarn projects. Beginners are always welcome.
We'll get you started!
Thursdays from **12:30-1:30PM**
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Writing and Journaling Workshops
Join our Writing & Journaling 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!
**Mondays: May 3rd and 17th**
**Wednesdays: May 5, 12, 19, 26**
Email Emily to get the Zoom link and password: write.treat@gmail.com

Meditation with Alice
Join Alice Fox on **Monday, Tuesday and Friday** for a thirty minute guided meditation. Ind focus, peace, and calm and learn to let go of your anxiety and stress!
**Mondays, Tuesdays, and Fridays at 12:00pm**
*No class Monday May 31st*
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Questions about Programming? Email Alison.snow@mountsinai.org
Newly Diagnosed Group
Have you been recently diagnosed with Cancer? Join us to learn techniques to cope with anxiety, such as mindfulness, and other meditations for relaxation and talk to other patients about what they are doing to handle their new diagnosis.
**Wednesday, May 12th at 11:00am-12:00pm**
RSVP to Liza at 347-580-0669 or liza.lundgren@moundsinai.org
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Latinas 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.

**Thursday**
**May 13th, 20th, & 27th at 2:30-4:00**
To register call 844.275.7427, Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org
Meeting ID: 320 489 3433 or call in to 646-876-9923

Radiation Support Group
This is a space for people who have had or are currently receiving radiation treatments.
**Tuesday, May 4th at 12:00-1:00pm**
For more information or to RSVP contact:
Meghan Shafer, LCSW at 212-636-3443 or meghan.shafer@moundsinai.org

SPOHNC Group
Support for People with Oral, Head, and Neck Cancer. Take this opportunity to share information and resources with women and men experiencing similar concerns - you are not alone!
**Tuesday, May 18th at 3:30-4:30pm**
RSVP to Darren Arthur, LCSW to get the login info and Zoom link!

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 online support group.
**Thursday, May 6th and 20th at 4:00pm**
To join the group email: Kat Safavi, LCSW Kat.safavi@moundsinai.org

Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis
Join Meghan Shafer, LMSW for a 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, May 13th at 6:00-7:00 pm**
RSVP to meghan.shafer@moundsinai.org or 212-636-3443 for the workshop Zoom information
**Malecare Gay Men's Prostate Cancer Group**
A cancer diagnosis can be a lot for anyone to handle, but gay men may experience added challenges due to histories of homophobia and marginalization. Join Malecare on the 1st Monday of every Month at 6pm for support from other gay men going through a similar experience. **Monday, May 3rd at 6pm**
To get the zoom link and RSVP email info@malecare.org

**Malecare All Things Prostate Cancer and Advanced Prostate Cancer Support Group**
Looking for support since being diagnosed with prostate cancer? Join Malecare for help coping and talking to others with the same diagnosis. **Wednesdays**
For more information and to get the zoom link email info@malecare.org

**Moving for Life**
All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation. At this time all classes are nevertheless open to all cancer **Wednesdays at 12:00-1:00pm**
Please contact Registration by email at boxoffice@mmjccm.org

**Woman to Woman Living with Recurrent Gynecologic Cancer**
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. **May 11th at 12:00-1:00pm**
Meeting ID: 827 5694 9116
Call in-929-205-6099,
Meeting ID-82756949116#

**Woman to Woman Covid & Cancer Series: An Open Conversation with Rabbi Eddie**
Join Rabbi Edith Meyerson, an interfaith chaplain, pastoral counselor, and rabbi, for an intimate and interactive discussion on life, meaning, cancer, and the pandemic. All perspectives and feelings are welcome. **Monday, May 24th 3:00-4:00pm**
Meeting ID: 897 3969 4396
Call in- 929-205-6099

**Woman to Woman: Panel Discussion for Newly Diagnosed Gyn Cancer Patients**
Have you recently been diagnosed with ovarian, cervical, uterine or endometrial cancer and would like to learn more? **Tuesday May 25th 6:30-7:30 PM**
https://woca.formstack.com/forms/newly_diagnosed_webinar
Ruth Ann Ornstein at 475.202.3838 or Ruthann.ornstein@yale.edu

Questions about Programming? Email Alison.snow@mountsinai.org
**Woman to Woman**

**We're Too Young For This**

Mother’s Day is a few days away and we will talk about what this day means to you as a young gynecologic cancer survivor. We'll discuss what it means to be a mother in treatment and what it means to come to terms with not bearing children. Spend an hour with peers who understand what it's like to be a young gynecologic cancer survivor.

**Thursday, May 6th & 13th**
**7:00-8:00pm**
**https://bit.ly/2ZUuQ2c**
Meeting ID: 757 176 6991
Call in-646-558-8656
Meeting ID- 757 176 6991#

**Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org**
Healing Yoga For Women Living with Cancer Online with the JCC

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

**Thursdays, 6:45-8:00pm**

https://zoom.us/j/99360073785
Meeting ID: 993 6007 3785
Password: jcchealing

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**Eating for Bone Health Online with the JCC**

Learn how diet can promote healthy bones, and discover the foods that support a strong and healthy skeletal system.

**Wednesday May 5th at 7:00-8:15pm**

Please contact Registration by email at boxoffice@mmjccm.org

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**Zentangle Therapeutic Doodling Online with the JCC**

The Zentangle Method is a way to create beautiful images. Drawing these patterns, called tangles, allows the artist inside of you get lost in repetition, focus, and relax. By combining dots, lines, curves and orbs step-by-step, you are designing the "Elemental Strokes" in all Zentangle art. No art background required!

**Fridays from 11:30-12:30pm**

Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

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**Yoga for Cancer Care**

Allow gentle yoga stretches to bring balance and calm into your body. Stretch, expand and soften into yourselves to improve well-being, feel better and regain and maintain center. Gentle postures, relaxation and meditation will be incorporated in this class. No prior yoga experience needed.

**Monday May 10th, & 24th at 6:15-7:30pm**

Join Zoom Meeting

https://zoom.us/j/97582850681

Meeting ID: 975 8285 0681

Password: jccrelax

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**Vegetable of the Month: Zucchini**

They are rich in a variety of vitamins and minerals, particularly vitamin A, which supports vision and immune health.

They may contribute to healthy digestion as it is rich in water and contains both soluble and insoluble fiber.

High in antioxidants such as Carotenoids which may protect against certain types of cancer, such as prostate cancer.

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We would like to thank the following funders:

- The Marisa Acocella Foundation through a grant from Bloomingdales,
- Lower Manhattan Cultural Council,
- Poets & Writers,
- and NYCT

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Follow our Instagram for our most update information on programming, resources, and important information from our cancer supportive services team.

@MSHScancersupportiveservices

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Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
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<thead>
<tr>
<th>Monday</th>
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<td>7 11:30-12:30 Zentangle</td>
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<td>Culinary Nutritionist &amp; Author, Stefanie Sacks, MS, 12:30-1:30 Knitting</td>
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<td>6:00-7:00 Malecare Gay Men’s</td>
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<td>Prostate Cancer Group</td>
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<td>11:00-12:00 Woman to Woman: Supporting Families Through Cancer – Bringing Kids into the Conversation 11:00-12:30 Advanced Pelvic Floor Workshop w/ Randi Stone (JCC) 12:00-1:00 Moving for Life (JCC) 3:00-5:00 Journaling Workshop</td>
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**For Further Information Please see our March Newsletter:**
- Cancer Supportive Services Programming - for any questions contact alison.snow@mountsinai.org
- Woman to Woman Program Programming: please contact womanowoman@mountsinai.org
- The Marlene Meyerson JCC Programming - for information on registration please email boxoffice@mmjccm.org