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
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, CYI for virtual community and Yoga practice

**Thursdays 3:00-4:30pm**

*No class on 11/25

Please email jerrysnee@msn.com for more info.

Join Zoom Meeting
https://zoom.us/j/91453647590
Password: jccyogamen
Meeting ID: 914 5364 7590

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**

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

Meditation with Alice

Join Alice Fox for her new schedule of virtual guided meditation on Mondays & Wednesdays.
Learn to connect and enjoy a sense of inner peace and let go of stress. Evidence supports the healing benefits of Meditation for cancer patients.

**11:00-12:00PM**

https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Writing and Journaling Workshops

Join our Writing and Journaling Workshops at 3:00pm 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!

**Monday: Nov 22 & 29**

**Wednesdays: Nov 3, 10, 17, 24**

Email Emily to get the Zoom link and password: write.treat@gmail.com

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, 1:00-2:00PM**

*No Class 11/25

https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

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, November 10th at 11:00am-12:00pm
https://mountsinai.zoom.us/j/94015250142
or call in to: 646-527-0226
Meeting ID: 940 1525 0142
RSVP to Liza at 347-580-0669 or liza.lundgren@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.

Mount Sinai Downtown: Thursday Nov 4 & 18th at 1:30pm
Mount Sinai Morningside: Wednesdays: Nov 10th 2:30-4:00pm
If interested in joining please contact Jennie Santiago 917 815-1760
Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

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:
Silvia Mejia 646-527-0226 o Silvia.mejia@mountsinai.org
https://bit.ly/3sY1iy4
or call in to 1-646-876-9923
Meeting ID: 802-864-3828

SPOHNC GROUP
Support for People with Oral and Head and Neck Cancer.

Tuesday, November 16th 3:30pm-4:30pm
RSVP to Darren Arthur, LCSW (212)844-6292 or email darren.arthur@mountsinai.org 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, Nov 4th & 18th at 4:00pm
To join the group email:
Kat Safavi, LCSW
Kat.safavi@mountsinai.org

Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis
Join Meghan Shafer, LCSW 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, Nov 11th 6:00-7:00 pm
RSVP to meghan.shafer@mountsinai.org or 212-636-3443 for the workshop
Zoom information

Questions about Programming? Email Alison.snow@mountsinai.org
For more information and to get the zoom link email info@malecare.org

WEDNESDAYS

Mental Health Matters

11:00-1200 pm

Join Zoom Meeting: https://bit.ly/3FGjC0f
Meeting ID: 899 6086 1281
One tap mobile +19292036099,

Woman to Woman: Safe Holiday Entertaining During the Pandemic

Jeanette Rosner, professional event planner and founder of RubyMax Events, will lead an interactive discussion on how to safely and creatively entertain for the holidays during the pandemic. She will discuss how to plan fun events while navigating varying comfort levels of both hosts and guests. Participants will leave the session with a specific action plan for a COVID-friendly holiday celebration which will address safety concerns and offer tips regarding menus, activities, and more.

TUESDAY, NOVEMBER 30TH 12:00PM

Join Zoom Meeting: https://bit.ly/3FGjC0f
Meeting ID: 899 6086 1281
One tap mobile +19292036099,

Woman to Woman: Common Mental Health Challenges: From Diagnosis & Beyond

Join Nancy Bourque, LCSW, OSW-C a clinical oncology social worker who will discuss the common emotional and psychological challenges a woman experiences upon a gynecologic cancer diagnosis. Nancy has a private practice in Gestalt Psychotherapy and Clinical Hypnosis and recently retired from Mount Sinai Beth Israel where she collaborated with the interdisciplinary treatment team to support women.

THURSDAY, NOVEMBER 4TH 11:00-1200PM

Join Zoom Meeting: https://bit.ly/3FUuQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656

Woman to Woman: Menopausal Hormone Therapy: Is it right for me?

Join Dr. Elissa Gretz-Friedman, Director of the Menopause Center, at Mount Sinai Health System, as she explores these questions:

- What are the changes that occur at menopause?
- Surgical menopause what is it?
- What are the risks and benefits of hormones?
- What preparations are available?
- What if I cannot take hormones. What are alternatives?

THURSDAY, NOVEMBER 11TH 11:00-1200PM

Join Zoom Meeting: https://bit.ly/3FUuQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656

Questions about Woman to Woman? Email womantowoman@mountsinai.org
**Woman to Woman Gynecologic Cancer Support Group**
Meet other women who have been diagnosed with this life changing disease and share your story. Our group goal is to reduce isolation, share resources, feel empowered and learn ways to cope. We will be joined by guest speakers who are specialists in their fields.

**Thursdays, 11:00-1200 pm**

Join Zoom Meeting:
https://bit.ly/2ZuUQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656, Meeting ID- 7571766991#

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**Woman to Woman: Now What? Long-Term Gynecologic Cancer Survivor Group**
This new monthly group is for long-term (2+) year survivors of gyn cancer. The purpose is to connect with other women to share unique experiences of long-term survivors in a supportive setting. Meets the third Monday of every month.

**Monday, November 15th**

12:00-1:00pm

Join Zoom Meeting
Meeting ID: 825 1724 0941
One tap mobile +19292056099

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**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. Meets the 2nd Tues of every month.

**Tues, November 9th at 12:00-1:00pm**

Zoom info: https://bit.ly/3xFh1mP
Meeting ID: 865 7625 2999
Call in-646-558-8656
86576252999#

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**Spirituality Group: Our Spiritual Journeys**
This support group will explore participants’ unique spiritual histories and how their spiritual lives have been affected by cancer. Each session will focus on the spiritual journeys of one or more participants, with an opportunity for others to ask questions and offer support. Series is facilitated by a board certified interfaith chaplain. All spiritual identities, beliefs, and struggles are welcome.

Participants must be able to attend the first session.
Series limited to 8 participants.
RSVP required.

**Tuesdays, Nov 9th-Dec 14th 2:00-3:00pm**

Join Zoom Meeting:
https://bit.ly/2ZuUQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656, Meeting ID- 7571766991#

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**Woman to Woman Covid & Cancer Series: Understanding Your Government Benefits Part 2**
A certified REAP counselor Suzy Geffrard, LMSW, shares her expertise to help cancer patients understand the updated NYC and federal benefits and entitlements available during the time of COVID. Find out about current resources and assistance programs and how to access them. Come with questions!

**Monday, November 22nd at 12:00pm**

Join Zoom Meeting: https://bit.ly/3iWa2kV
Meeting ID: 818 4775 8287
Call in- +13126266799

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Join Zoom Meeting:
https://bit.ly/2ZuUQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656, Meeting ID- 7571766991#

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**Woman to Woman Book Club**
Meets the last Tuesday of every month except in November and December. Will meet the third Tuesday in these months. Join W2W volunteer Emily Mlynék, a senior marketing manager at Penguin House, to discuss a range of selections. All are welcome, whether you’ve had a chance to finish the book or not (... just be mindful that you may encounter spoilers.)

**Nov book: That Summer by Jennifer Weiner**

**Tuesday, November 16th 6:30-7:30pm**

Zoom info: https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in-646-558-8656, Meeting ID- 7571766991#

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Questions about Woman to Woman? Email womantowoman@mountsinai.org
The Cedar Club: Chinese-speaking Cancer Patients
Support Group
Join us for a discussion about developing hobbies during and/or after cancer treatment. Let's share experiences and discuss issues, ask questions, and hear how often others are coping with their illness in a facilitated discussion with Liza Lundgren, LMSW and Michael Horton, Staff Chaplain.

Tuesday, November 23, 2–3:00 PM
Meeting ID: 742-587-5532
For more information: liza.lundgren@mountsinai.org/347-580-0669
https://mountsinai.zoom.us/j/97227322865
or call in to 1-646-876-9923
Meeting ID: 972 2732 2865

Young Adult Support Group
This group offers patients, ages 18-40, an opportunity to share experiences and issues, ask questions, and hear how often others are coping with their illness in a facilitated discussion with Liza Lundgren, LMSW and Michael Horton, Staff Chaplain.

November 4th 11:00-12:00pm
For more information: liza.lundgren@mountsinai.org/347-580-0669
https://mountsinai.zoom.us/j/97227322865
or call in to 1-646-876-9923
Meeting ID: 972 2732 2865

Dubin Zoom Pilates for Breast Cancer Patients
Join the Dubin Breast Center of the Tisch Cancer Institute, weekly pilates class focused for patients with breast cancer, led by Melissa Miles.

Thursdays, 5:00-6:00pm
RSVP for the Zoom information or for more information please contact Kelly Hogan, Clinical Nutrition & Wellness Manager at 212-241-0741.

*This class is open to people being treated for breast cancer at any Mount Sinai Health System location

Dubin Zoom Yoga for Breast Cancer Patients
Join the Dubin Breast Center of the Tisch Cancer Institute weekly yoga class led by Jana Hicks, CYI focused for patients with breast cancer.

Tuesdays, 5:30-6:30pm
RSVP for the Zoom information or for more information please contact Kelly Hogan, Clinical Nutrition & Wellness Manager at 212-241-0741.

*This class is open to people being treated for breast cancer at any Mount Sinai Health System location

Dubin Zoom Meditation for Breast Cancer Patients
Join the Dubin Breast Center of the Tisch Cancer Institute weekly meditation class led by Laura Teusink, focused for patients with breast cancer.

Wednesdays, 6:00-6:45pm
RSVP for the Zoom information or for more information please contact Kelly Hogan, Clinical Nutrition & Wellness Manager at 212-241-0741.

*This class is open to people being treated for breast cancer at any Mount Sinai Health System location

Zentangle Beyond the Basics Class Online with the JCC
Come create easy-to-learn patterns in beautiful compositions through this unique rhythmic art form, suitable for artists at all levels. In no time, the simple steps allow tanglers to access a delicious pleasure and calm. Bring a cup of tea, unlined white paper, a fine-tipped black pen, pencil, and paper smudger (or cotton swab) for shading, and watch your creativity take off! Please select Quick Checkout when registering. You will receive a confirmation letter for your registration that will include the zoom link for this program
Free for those being tested or treated for cancer.

Friday, November 22nd & 29th
11:30am-12:30pm

Questions about Programming? Email Alison.snow@mountsinai.org
IN PERSON: Gentle Water Aerobics for Women Living with Cancer at the JCC

Join Teri Dupuy at a NEW TIME! 5 Tuesdays, Nov 2-30, 10-11am, gentle water exercise helps to create better posture, release stress, and prevent falls. Using movements similar to tai chi, this class gently lubricates joints, improves muscle coordination and tone, and helps with balance and neuropathy. Please register for class the training pool is limited to 8 participants. The class is free of charge to individuals impacted by cancer.

Tuesdays in November
10:00-11:00am
Please visit JCC website or contact Registration by email at boxoffice@mmjccm.org for additional information

Advanced Pelvic Floor Workshop: Women Only Online with the JCC

This class is for those who have taken the first pelvic floor workshop. Join Randi Stone, Pelvic Floor Specialist who will reinforce what you have already learned and delve deeper. Learn simple exercises to strengthen your pelvic floor that include variations of Kegels as well as other complimentary exercises. Wear loose fitting clothing.

Wednesday, November 17th
11:00-12:30 PM
Please contact Registration by email at boxoffice@mmjccm.org for additional information

Ai Chi Renewal Program for Women Living with Cancer Online with the JCC

The class will include breathing, relaxation, gentle exercises, stretching & some strengthening plus virtual AiChi moves. Ai Chi: Japanese for love Ai; Chi Chinese for energy.

Thursdays at 9:45-10:45am
**No Class Nov 25

Join Zoom Meeting
https://zoom.us/j/96764984284
Meeting ID: 967 6498 4284
Password: jccaichi

Nia Movement to Heal for Women Living with Cancer Online with the JCC

Learn to slow down and personalize movement for you body while focusing on feeling better, regardless of your physical condition. 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.

Tuesdays at 4:00-5:00 PM
Zoom Meeting ID: 936 4666 0653
Zoom Password: jccniamove

Moving for Life Online with the JCC

Join Martha Eddy + Ana Leon Bella + Evelyn Nunlee for gentle dance-exercise for women living with cancer. 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

Moving for Life: Gentle Cardio Workout - Online with the JCC

A light cardio workout that addresses fatigue and lymphedema, increases flexibility, and promotes weight management. All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of surgery, chemo and radiation.

Saturdays at 11:00-12:00pm
**November 27th

Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmhanhattan.org
**Yoga 4 Cancer Online with the JCC**
Join Leorna Leung, Certified Yoga 4 Cancer Instructor for this class designed to help cancer patients and survivors manage side effects and cancer recovery through unique Oncology Yoga-based method. The class builds strength and mobility in safe ways that stimulate your immune system and build bone density while cultivating a sense of well-being.

**Sundays, 3:00-4:15PM**  
*No Class Nov 28*

Free for those being tested or treated for cancer. Join Zoom Meeting  
https://zoom.us/j/96204552859  
Meeting ID: 962 0455 2859  
Password: jccyoga4me

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**Yoga For Cancer Care Online with the JCC**
Join Whitney Chapman for gentle yoga stretches to bring balance and clam 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.

**Mondays, 6:15-7:30 PM**

Join Zoom Meeting  
https://zoom.us/j/97582850681  
Meeting ID: 975 8285 0681  
Password: jccrelax

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**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 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

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**Yoga for Anxiety, Stress & Trauma Online with the JCC**
Join Whitney Chapman, RYT for this 3 session series.

**Sundays: Nov. 7, Nov 14, & Nov 21, 6:00-7:00pm**

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

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**Broadway’s Best for Breast Cancer: Embracing Going Flat Online with the JCC**
Join Caroline Kohles, JCC Senior Director of Health & Wellness, and amazing Broadway entertainers for our virtual series celebrating life and fostering learning. Hear top health and wellness experts discuss how life is affected during and after cancer.

**Monday, November 15th at 6:00-7:00 PM**

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

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**Nia Dance Party Online with the JCC**
Join Caroline Kohles and Special Guest Winalee Zeeb once a month to experience Nia, a beautiful blend of dance, martial arts, and yoga. Ignite your body, mind and spirit in this class. These second degree Nia black belts will gently guide you to find the joy in your body by moving in concert with your body.

**Sunday, November 21st 12:00-1:00PM**

Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccmanhattan.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Recipe of the Month: Roasted Delicata Squash

Ingredients:
- 1 delicata squash
- 1 teaspoon olive oil
- 1/4 teaspoon salt (more or less to taste)
- 1/4 teaspoon black pepper (more or less to taste)

Instructions:
1. Preheat oven to 425°F. Scrub the outside of the squash with a brush until very clean. Cut ends off to create two flat edges. Cut into halves lengthwise and scoop out seeds.
2. Cut into 1/4- to 1/2-inch slices, keeping the size of the slices consistent. Rub, toss, or spray with olive oil so both sides of each slice are coated with oil. Sprinkle with salt and pepper and spread onto a parchment paper lined baking sheet in a single layer.
3. Place in preheated oven and roast for 20 minutes. Flip each slice over and roast for another 15 minutes or until golden brown and crispy on the outside and tender on the inside.
4. Enjoy immediately.

Other tips: Add a little maple syrup or fresh or dried thyme for another variation of flavor when roasting squash.

Vegetable of the Month: Delicata Squash

Why should I eat foods that are “in season”?

Health: fruits and vegetables picked and eaten in season, at their peak, are generally higher in vitamins and minerals; also, changing up your food choices each season makes sure you get a variety of vitamins and minerals Taste: foods easily lose flavor when packed and shipped long distances, fresh foods taste better

Environment: if you buy local and seasonal foods, it may cut out pollution from shipping and trucking food Cost: foods that are in season may cost less as they are easily available, think supply and demand

Why should I eat Winter Squash?
People who eat more fruits/vegetables have a lower risk of a wide range of cancers. Winter Squash contains carotenoids that have been linked to lowering both Lung and Breast cancer. Winter Squash contains food based Vitamin C, which is an antioxidant that can help fight cancer.

Delicata Squash is in season now, so it’s time to celebrate the contributions of caregivers. 10 Tips for Family Caregivers from Caregiver Action Network: 1. Seek support from other caregivers
2. Take care of your own health
3. Accept offers of help and suggest specific things people can do to help you
4. Learn how to communicate effectively with doctors
5. Take respite breaks often
6. Watch out for signs of depression
7. Be open to new technologies that can help you care for your loved one
8. Organize medical information so it’s up to date and easy to find
9. Make sure legal documents are in order
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

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