February is National Cancer Prevention Month! We have some exciting new programming to share. Join Dr. Blank & Dr. Papatla for their discussion of 'Survivorship after a Gynecologic Cancer Diagnosis and Prevention of Secondary Malignancies.' We also have a new Fable Writing Series, Breast Cancer Self-Love Workshop Series and Breast Cancer Survivorship Workshop for Women of Color in partnership with Stonybrook Cancer Center. Dr. Smith will be presenting a COVID-19 update. Additionally, we have a new Spanish speaking support group for young-adults. We hope to see you at one of our exciting February programs!

**Woman to Woman: What Happens Next? with Dr. Blank & Dr. Papatla**

In honor of National Cancer Prevention Month Gynecologic Oncologist Dr. Stephanie Blank and Gynecologic Oncology fellow Dr. Katy Papatla will discuss the survivorship and prevention of secondary malignancies. Learn the importance of caring for the physical, mental, emotional, social and financial effects of cancer that begins at diagnosis and continues through treatment and beyond.

**Fable Writing Series**

Naimah Hassan, a licensed theater teacher, artist, director, and audition prep coach, will guide us in writing our own fable! Each guest will create their own story that concludes with a moral lesson. At the end of the four weeks, everyone will have a chance to share fables with each other. Workshops will take place over zoom, every Monday starting

**February 21st at 3pm-4pm.**

Zoom Info: 646-876-9923 Meeting ID: 320 489 3433
http://mountsinai.zoom.us/j/3204893433
Please contact Emily Szafara with questions: emily.szafara@mountsinai.org (347)964-3093

**Breast Cancer Survivorship Workshop for Women of Color w/ Stonybrook: Strategies for Caring for Yourself**

Join us for this virtual workshop for breast cancer patients to learn from leading experts in the field of cancer survivorship and support services. Learn how to stay healthy through diet and exercise, reduce your risk of cancer recurrence, and advocate for yourself as a breast cancer survivor with a free workshop in partnership with Stony Brook Cancer Center.

Featuring: Rachel Louissaint, PT, Karen Peterson, Erin Pelligrin, RD, & Clare Moran, DNP, RN

**Tuesday, February 22nd**
6:00-7:00PM
redcap.link/breastcancersurvivor

Questions about Programming? Email Alison.snow@mountsinai.org
Yoga For Cancer Survivors with Jerry
Looking to find a little peace of mind and stretch your body? Join Jerry Snee 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/730613875
Meeting ID: 730 613 875
Passcode: yfpwc

Yoga For Men Who are Cancer Survivors with Jerry
Join Jerry Snee, CYI for virtual community and Yoga practice
Thursdays 3:00-4:30pm
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: Feb 7 & 14
Wednesdays: Feb 9, 16, 23
Email Emily write.treat@gmail.com to get the Zoom link and password

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
https://bit.ly/37OCzo0 or call in to 1-646-876-9923 / Meeting ID: 320 489 3433
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, Feb 9th
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 Feb 17th
at 1:30pm
Mount Sinai Morningside:
Wednesday, Feb 9th
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

The Cedar Club: Chinese-speaking Cancer Patients Support Group
Join us for a workshop given by Zhongyu Otto Sun, guest lecturer from Shanghai, China.

Wednesday, February 23, 10:00 AM – 11:00 AM
To join via computer: https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923.
Meeting ID: 742-587-5532
Emilia Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095

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, Feb 10th
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
**Caregiver Support**

Caregivers of cancer patients please join us for a support group to help you manage the stress and anxiety. We will share tips and suggestions. The sessions will be facilitated by Jaclyn Zingman, SWI & Nicole Ross, SWI

**Thursday, February 3 & 17**
4:00-5:00PM

Meeting ID: 95054322314 or by phone 646-876-9923

For more information or to RSVP please call or email Jaclyn jaclyn.zingman@mountsinai.org or 212-523-7289

**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.

**Feb. 3rd 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

**Radiation Oncology Support Workshop**

Are you undergoing radiation treatment and are you interested in connecting with others who are also going through the same treatment? The group will be meet the 2nd and 4th Monday of every month

**Monday, Feb 14th & 28th**
4:00-5:00PM

Join Zoom Meeting
https://mountsinai.zoom.us/j/92212916996
Meeting ID: 922 1291 6996
One tap mobile+16468769923

**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*

**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*

Questions about Programming? Email Alison.snow@mountsinai.org
**Breast Cancer Self-Love Series**
Incorporating self-care into your routine is an important part of caring for your mind and body. Please join us for a series of workshops on techniques for incorporating self-care into your daily life, led by Social Work Intern Jeanne DiSimone. A special workshop will take place on March 3rd featuring breast cancer survivor, Mahwish Syed. This group is open to all breast cancer patients.

**Thursdays, 11am-12pm**
Feb 17, Feb 25, March 3rd

Jeanne DiSimmone, SWI, email jeanne.disimmone@mountsinai.org
347-687-0078

**Malecare All Things Prostate Cancer & 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

**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.

First Monday of the Month at 6pm
To get the zoom link and RSVP email info@malecare.org

**El Grupo de Apoyo para Jóvenes**
El grupo de apoyo para jóvenes se ofrece a pacientes entre 18 y 40 años Tendrán la oportunidad de compartir sus experiencias de vida, como se están adaptando a su diagnóstico y tratamiento, hacer preguntas, y escuchar de otras personas. Esta discusión será facilitada por Alyssa Freeman, trabajadora social y Silvia Mejia, capellana.
**Martes, 8 de febrero 2:00-3:00pm**
Para unirse a la reunión use el enlace: https://bit.ly/37OCzo0
O llame al 1-646-876-9923 ID de reunión: 320 489 3433
Para más información y para reservar tu espacio contacte a: Silvia.Mejia@mountsinai.org o llama al 646-527-0226

**Art Workshops with the Creative Center**
Join the Creative Center for daily art workshops on Zoom. Using simple art supplies and household materials, you'll experience the transformative power of Art to create and have fun! View the current workshop calendar and sign up at https://bit.ly/3ceJyZB

For any questions or more information contact info@thecreativecenter.org

**Woman to Woman: Anti-estrogen Therapies & other Biologics for Gynecologic Cancers With Dr. Tiersten**
Dr. Tiersten is a Professor in the Division of Hematology and a Breast Medical Oncologist. She works collaboratively with Mount Sinai interdisciplinary team to provide care to breast and gynecologic cancer patients. Dr. Tiersten has extensive experience participating clinical trials, as well as being the Principal Investigator for national studies.

**Wednesday, February 23rd**
12:00 pm
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. *New Date & Time*

**Wednesdays, 12:00-1:00 pm**
Meeting ID: 757 176 6991
Call in- 646-558-8656, Meeting iD- 7571766991#

---

**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.

**Monday, Feb 28th 12:00-1:00pm**
Meeting ID: 825 1724 0941
One tap mobile +19292036099

---

**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

**Tuesday, February 8th 12:00-1:00pm**
Meeting ID: 865 7625 2999/ Call in- 646-558-8656

---

**Woman to Woman: COVID & CANCER: COVID Medical Update With Dr. Cardinale Smith**
As the COVID news continues to change daily, it’s difficult to sort through and understand the implications of the vast amount of information available. Esteemed Dr. Cardinale Smith, oncologist and palliative medicine physician, will share her expertise and help our oncology patients figure out how to safely navigate pandemic life. Dr. Smith, Associate Professor of Medicine (Hematology and Medical Oncology), Palliative Medicine, and Director of Quality for Cancer Services at Mount Sinai.

**Monday, Feb 14th 11am -12pm**
Join Zoom Meeting: https://bit.ly/3feR6vq
Meeting ID: 886 4751 8193
One tap mobile: +19292036099

---

**Woman to Woman: Panel Discussion for Newly Diagnosed Gynecologic Cancer Patients**
Have you recently been diagnosed with ovarian, cervical, uterine or endometrial cancer and would like to learn more? Multidisciplinary speakers will feature:

Emily Szafara, LMSW - Gynecologic Oncology Social Worker, Mount Sinai
- Dr. Erin Stevens - Board Certified Gynecologic Oncologist, Prevea Health Green Bay Wisconsin
- Heather Glazer - Ovarian Cancer patient, Discovery To Cure Board Member

**Tuesday, Feb 15th 6:00-7:00pm**
For more information, email: ashley@wisconsinovariancancer.org

---

**Woman to Woman Book Club**
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 ...). February Book: The Things We Cannot Say by Kelly Rimmer. If you are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org

**Tuesday, Feb 22nd 7:30-8:30pm**
Meeting ID: 757 176 6991 Call in- 646-558-8656

---

Questions about Woman to Woman? 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 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: jchealing

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: jcchealing

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**

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: jcniamove

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 survivors.

**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**

Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Gentle Water Aerobics for Women Living with Cancer at the JCC
Join Teri Dupuy for gentle water exercise class. 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
10:00-11:00am
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.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
Free for those being tested or treated for cancer. Join Zoom Meeting https://zoom.us/j/96204552859 Meeting ID: 962 0455 2859 Password: jjcyoga4me

Broadway's Best for Breast Cancer: Staying Healthy & Strong: Cancer Care Doesn’t Have to Bankrupt You Online with the JCC
Learn how to navigate the HealthCare system and keep your finances intact. Joana Fawzy Morales, a cancer rights attorney & CEO of Triage Cancer, will offer tips on how to pay for care before, during, and after treatment, Vangela M. Wade, president & CEO of the Mississippi Center for Justice, will share her personal experiences. A representative from Metropolitan Hospital and Nancy Novack, creator of Nancy’s List, will review coping with the psychological aspects of financial stress. Beth Kirkpatrick, currently playing Nellie in the touring production of Carousel, will be Zooming in to co-host with Caroline Kohles, senior program director, Health + Wellness.

Monday, February 7th 6-7 PM
Please contact registration by email at boxoffice@mmjccm.org for additional information

Zentangle Beyond the Basics 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!

Friday, February 11th
11:30-12:30pm
Please contact registration by email at boxoffice@mmjccm.org for additional information

Cooking with Chef Carole Online with the JCC
Explore the delicious world of plant-based baking and cooking without added oils, salt, or sugar. Chef Carole Levy, PPMNY Culinary Educator, will walk us through some of her favorite recipes, made with easy-to-access ingredients. Registrants will receive recipes and a Facebook Live and YouTube link on the day of the event. Please note that Facebook Live and YouTube streams are available to viewers with or without Facebook or YouTube accounts.

Sunday, February 13th
5:00-6:15pm
Please contact Registration by email at boxoffice@mmjccm.org

Meditation Online with the JCC
Daily Drop-In Meditation (Virtual) Activate peace and calm whether you’re brand new to meditation or an experienced practitioner, all are welcome.

Mornings: Mon–Fri, 7:30–8:30 am.
Evenings: Mon–Thu, 5:45–6:45 pm.

Please visit https://mmjccm.org/fitness-wellness/contact boxoffice@mmjccm.org for additional information

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**New Year and New Beginnings**

The turning of the year provides us with an opportunity to set resolutions and embark on new beginnings. In addition to this, the rhythms of change in our individual lives mean we are constantly navigating newness and fresh starts. Join Rabbi Jo Hirschmann of Mount Sinai Beth Israel for this session, we'll look at elements of the biblical story of Ruth to explore how we might identify with the characters' choices regarding change and continuity. We'll also reflect on our own hopes for the coming months. Participants are warmly invited to bring paper and pen to this session; we'll reflect through both writing and discussion.

**Wednesdays, February 9th 3:00-4:00pm**
Zoom Meeting ID: 987 4793 4115 Passcode: 599152 Dial In: 16468769923

---

**Vegetable of the Month: Leeks**

Leeks belong to the same family as onions, shallots, scallions, chives and garlic. They taste similar to onions, but are much more mild and a little sweeter. Why eat Leeks? They are nutrient dense; meaning they are high in vitamins and minerals, especially high in beta carotene (which converts to vitamin A), vitamin K1, vitamin C and manganese. May protect against certain cancers. A compound known as Kaempferol in leeks is linked to a lower risk of chronic illness, especially cancer. Leeks also contain alliums which may be linked to lower risk of colorectal cancer. How do I select, store and prepare leeks? When selecting leeks, they should be straight and firm with white colored necks and green leaves. Lightly wrap leeks and store them in the vegetable drawer of the refrigerator. They can be stored anywhere from 5 days- 2 weeks. To prepare leeks, start by slicing the bulb into rings. Add the rings to a colander. Rinse and break up the rings to dislodge any dirt. Let the rings drain then add to any recipe that requires chopped leeks.

**Recipe of the Month: Potato Leek Soup**

Ingredients:
- 4 medium leeks, dark green stems removed
- ½ large white onion, chopped
- 2 medium russet potatoes, peeled, cut into cubes
- 1 tsp flour - 1 tbsp butter - 4 cups chicken stock, or vegetable broth - ¾ cup 2% milk - Salt and fresh pepper

Instructions:
Wash leeks carefully to remove all grit. Coarsely chop them when washed. In a medium soup pot, melt butter and add flour on low flame. Using a wooden spoon, mix well. This will thicken your soup and give it a wonderful flavor. Add chicken stock, leeks, onion, potatoes and bring to a boil. Cover and simmer on low for about 20-25 minutes, until potatoes are soft. Using an immersion blender, blend the soup until smooth adding the milk and adjusting salt and pepper to taste. Serve immediately.

(skinnytaste.com)

---

**How to Zoom**

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

---

**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

---

**Follow our Instagram for our most up to date information on programming, resources, and important information from our cancer supportive services team.**
@MSHScancersupportiveservices

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