Please join us at for some holiday cheer on Dec 14th at Chelsea or on Zoom. Woman to Woman and Sharsheret will be having a workshop: Health, Happiness and the Holidays on Dec 5th and the Woman to Woman holiday party will be on Dec 6th at 12pm. Join Chaplain Dana Rainey to Share your Story on Dec 29th at 5pm. We hope to see you at one of our December programs! Wishing you a happy holiday season!

Holiday Cheer!

Please join us for some holiday cheer. We will be making cards and listening to holiday music. Join us in person at Chelsea 325 W 15th St, Main Conference Room.

**Wednesday, December 14th 2:00-3:00pm**
Zoom Meeting ID: 945 0305 6832

To RSVP or for more information: contact elizabeth.abrahams@mountsinai.org/347-943-1534

Share Your Story: Women's Support Group
Everyone has a story that people need to hear.
Come share or listen to stories told by women from all walks of life.
Receive encouragement to continue on your journey.
The meeting will be on Zoom and led by Chaplain Dana Rainey.

**Thursday, December 29th at 5pm**

Join Zoom Meeting:
Meeting ID: 967 8657 1549
Passcode: 6ZYwMq

For more information or to RSVP please email dana.rainey@mountsinai.org

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

Journaling/Blogging/ Writing Workshops
Join one or all of our variety of writing workshops 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.

Journaling: Wednesday Dec 7,14,21
Writing: Mondays: 5 & 19
3:00-4:00pm
Email Emily write.treat@gmail.com to get the Zoom link and password

Meditation with Alice
Join Alice Fox for her 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
Please email Alice Fox at alicebfox@gmail to register for the zoom link.

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 and is led by the talented Michael Inge.

Mondays at 1:00 PM
*Not meeting on Dec 26th
Meeting ID: 448 800 2565
Passcode: 506560

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
*No class Dec 23
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 - Hybrid at JCC
Join Jerry Snee, CYI for in-person or virtual community and Yoga practice

Thursdays 3:00-4:30pm
*No class Dec 22 or 29
Please email jerrysnee@msn.com for more info.
Makom on the 7th Floor or via Zoom Meeting
Zoom Meeting ID: 914 5364 7590
Zoom Passcode: 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, 1:00-2:00PM
Virtual
*No meeting on 12/29
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Join Jerry Snee for a virtual Yoga practice
Fridays at 2:00-3:30pm
*No class Dec 23
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
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.

Wednesday, Dec 14th at 2pm
If interested in joining please contact Jennie Santiago jsantiago@sharecancersupport.org

Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancersupport.org

Confucius Life & Philosophy: Chinese-Speaking Cancer Reading Group
和我们一起参加读书会 了解孔子的一生还有他的哲学思想
Join us for a reading club! Listen to a book about Confucius's life and his Philosophy
星期三，12月14日，下午3点至下午四点
Wednesday, December 14
3:00-4:00 PM
To join via computer: https://mountsinai.zoom.us/j/7425875532
To join via telephone: dia 1-646-876-9923. Meeting ID: 742-587-5532
想知道自己更多信息，请联系社工实习生依北同学 邮箱: Yibeizhang@mountsinai.org

Glioblastoma & Brain Tumor Support Group
Seeking support for yourself or a loved one with a Brain Tumor? Our Glioblastoma Support Group meets 1st Thurs of every month.

Thursday December 1st at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm
Thursday, December 15th at 5:30pm
To join the groups email: Kat Safavi, LCSW Kat.safavi@mountsinai.org

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 Dana Rainey, Staff Chaplain.

Thursday, December 1st 11:00-12:00pm
For more information: liza.lundgren@mountsinai.org/ 347-580-0669
https://mountsinai.zoom.us/j/97297322865
or call in to 1-646-876-9923
Meeting ID: 9722732865

Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis
Join Sarah Handsman, 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, December 8th 6:00-7:00 pm
RSVP to sarah.handsman@mountsinai.org or 646-315-4484 for the workshop Zoom information

Questions about Programming? Email Alison.snow@mountsinai.org
**Together Separately: Communicating with your Healthcare Team**

Dr. Cardinale B. Smith from the Tisch Cancer Center at Mount Sinai will join us on **Monday, December 12 at 12 PM**. This livestream is an opportunity to connect with others who care about lung cancer and talk about challenges we’re facing, the session will include questions to ask your doctor, tips for improving communication with your care team, guidance for “my first visit,” advocating for your needs, and more. To register visit: https://www.lungcancerresearchfoundation.org/event/

**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, December 7th 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

**Caregiver Support Group**

Join us for a place to learn, reduce stress, and connect with other caregivers in the cancer community.

**Thursday, December 15th 4:00-5:00pm**

To learn more or RSVP, please reach out to Mae Ryan at mae.ryan@mountsinai.org or (212) 523 - 7541

Join by going to zoom.us/join and typing in the Meeting ID #92904053107

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**SPOHNC GROUP**

Support for People with Oral and Head and Neck Cancer (SPOHNC)

SPOHNC is a vital resource for head and neck cancer patients. We have had an enormous positive impact on meeting the psychosocial needs of patients as well as preserving, restoring, and promoting physical and emotional health. SPOHNC is a foundation for patient and family education and awareness.

**Tuesday, December 13th 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!

**Malecare Gay Men's Prostate Cancer 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 All Things Prostate Cancer & Advanced Prostate Cancer Support 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

Questions about Programming? Email Alison.snow@mountsinai.org
Questions about Woman to Woman? Email womantowoman@mountsinai.org
Look Good Feel Better Free Virtual Skincare & Makeup Classes

Look Good Feel Better (LGFB) Live! virtual workshops provide valuable information and connection for women undergoing cancer treatment. This online experience offers live instruction and tips for dealing with appearance-related side effects of cancer treatment during one-hour, online workshops. LGFB beauty professional volunteers guide a group of participants in skin care and makeup application, the use of wigs and other head coverings, nail care, or body image and styling workshops to help manage appearance concerns.

Participants can ask questions of the instructor, interact with other participants from the safety and comfort of home. For more information or to register please visit their website: https://lookgoodfeelbetter.org/virtual-workshops/

Woman to Woman: Now What? Long-Term Gynecologic Cancer Survivor Group

This monthly group is for long-term (2+) year survivors of gynecologic cancer. The purpose is to connect with other women to share unique experiences of long-term survivors in a supportive setting.

Monday, December 19th
12:00-1:00pm

Join Zoom Meeting:
Meeting ID: 208 938 0884/ call in-929-205-6099,2089380884

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, December 13th
12:00-1:00pm

Join Zoom Meeting:
Meeting ID: 865 7623 2999/ Call in- 646-558-8656

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 Eli Choo, at eli.choo@mountsinai.org.

*These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

*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 eli.choo@mountsinai.org

*These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

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

Questions about Woman to Woman? Email womantowoman@mountsinai.org

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, Eli Choo at eli.choo@mountsinai.org

These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

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

**Fridays, December 2, 9, 16, 23, 30**
11:30-12:30pm

Please contact registration by email at boxoffice@mmjccm.org for additional information.

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**Zentangle for Holiday De-Stressing with MaryAnn Scheblein-Dawson**

**Zentangle (t) is a method of drawing using the same simple lines you use to print your name, that helps you to relax and de-stress. Using repeat patterns, called “tangles”, it builds complex looking designs. This three session workshop will start with an introduction to the Zentangle method and then build a repertoire of Tangles that we’ll use in holiday themes. “Anything is Possible, One Stroke at a Time!” MARYANN SCHEBLEIN-DAWSON is an Origami Specialist and Certified Zentangle Teacher (CZT), Thursday, December 1, 8 & 15
10:00-12:00pm

To register visit: www.thecreativecenter.org/workshops-page

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**Online 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

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**Gentle Water Aerobics for Women Living with Cancer at the JCC**

Join Teri Dupuy for gentle 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

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**Nia Moving to Heal for Women Living with Cancer Hybrid 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**

*No class Dec 20 or Dec 26

Zoom Meeting ID: 936 4666 0653
Zoom Password: jccniamove

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**Yoga for Cancer Care Hybrid with the JCC**

Join Whitney Chapman and 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.

**Mondays**
6:15-7:30pm

*No Meeting 12/26

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.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**
*No class 12/22 or 12/29
Join Zoom Meeting
https://zoom.us/j/99360073785
Password: jccyoga4me
Meeting ID: 993 6007 3785

Yoga For Cancer Care Online with the JCC
Join Leora Leung 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.

**Sundays, 3:00-4:15 PM**
*Not meeting 12/25
Join Zoom Meeting
https://zoom.us/j/96204552859
Meeting ID: 962 0455 2859
Password: jccyoga4me

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 Dec 22 and Dec 29
Join Zoom Meeting
https://zoom.us/j/96764984284
Meeting ID: 967 6498 4284
Password: jccaichi

Beginner Pelvic Floor Workshop 2: Don't Suffer in Silence Women Only Online with the JCC
Delve deep into breathing and how to access your diaphragm, the deep abdominals that serve as a corset for your spine and organs, and further into the pelvic floor itself. This is a gentle, partially seated (or floor for those who can) workout. Bring a towel or yoga mat, a pillow or yoga block, and an interest and willingness to move slowly and deliberately.

**Wednesday, December 14 11:00-12:30pm**
Please contact registration by email at boxoffice@mmjccm.org for additional information

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**
*No class Dec 21 and Dec 28
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**
*No Class on Dec 24 and Dec 31
Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Restorative Yoga + Live Harp Music
Experience the sounds and vibrations of live healing harp music as you move your body in restorative yoga postures to calm your mind, relax your body, and gently open your heart to the love within.

Thursday, December 22
6:00-7:15pm
Please contact registration by email at boxoffice@mmjccm.org for additional information

Breast + Ovarian Cancer Support Massage at the JCC
Receive supportive, holistic bodywork, employing massage techniques suitable for individuals undergoing treatment or for those who are post-treatment and/or post-surgery. Prescription and online intake required.

Tuesdays & Thursdays
10-12pm
Email oncologymassage@mmjccm.org or call 646.467.9239 for details

Daily Drop in Facilitated Meditation Hybrid with the JCC
Daily Drop-In Meditation (hybrid) Activate peace and calm whether you're brand new to meditation or an experienced practitioner, all are welcome. Meditation will continue on Zoom with select dates also held in person (there will always be a virtual option).
Mornings: Mon–Fri, 7:30–8:30 am.
Meeting ID: 924 2331 5818
Password: meditation
Please visit https://mmjccm.org/fitness-wellness/or contact boxoffice@mmjccm.org for additional information

Shabbat Shabbang: Pink Shabbat with Sharsheret at the JCC
The community-wide Sharsheret Pink Shabbat is an education and outreach program designed to raise awareness about breast and ovarian cancer, and specifically the increased hereditary risk of these cancers among Jewish families. Over a delicious (and just a bit pink) Shabbat dinner we'll explore the three and a half actions you can take to reduce cancer risk and live a healthier life. Melissa Rosen, Sharsheret's Director of Training and Education, will guide this celebration of our commitment to health!

Friday, December 16th
7:00-9:00pm
*This program does not use technology and is suitable for those who are traditionally observant. For any questions call at 646-505-5708.

Nia Holiday Jam
Kick-off your shoes and rock your body and soul into shape with Nia. Cross-train with movements from martial arts, dance, yoga, and healing arts. Awaken to the inner power that you have to heal your body, heart, and life. Ignite your body, mind, and spirit in this special class with Caroline Kohles. We hope that you are able to join us on Zoom or in person.

Sunday, December 18th
1:30-2:30pm
Please contact boxoffice@mmjccm.org for additional information

Thursday Night Dance Soiree Disco in person at the JCC
Join us for a basic dance lesson and dance party.
All levels. Come as you are or dress for the theme.
Group Dance lesson, 6:30-7:15pm
Open Dancing, 7:15-8:30pm
If you are having difficulty with registration please email our registration department at boxoffice@mmjccm.org or give them a call at 646-505-5708.

Thursday, December 15th
6:15-8:00pm
If you are having difficulty with registration please email our registration department at boxoffice@mmjccm.org or give them a call at 646-505-5708.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Tips for Eating Well During the Holidays

- Cold and room temperature (or warm) foods are likely to taste better to you than hot foods.
- Marinating meat, poultry, and fish in sweet sauces can also cut the metallic taste.
- Be open to trying new foods or those you’ve not liked in the past.
- The best beverage on the menu is water, lots and lots of water, because chemo and radiation therapies dehydrate the body. If you have trouble downing a lot of plain water, try infusing it with herbs or fruit.
- Still don’t feel like eating? Bring a nutritional shake or two (such as Ensure, Boost, or NutraPrime) with you to the party so your energy doesn’t flag, and you’re getting the nutrition that you need.

Source: Donna Heckler, www.thirdage.com

Tips for Coping with Cancer During the Holidays

- Make plans to get together with friends, family or co-workers over the holidays.
- Create a new holiday season tradition that makes the most of your energy.
- Enjoy special moments.
- Express your feelings in ways that help you receive the support of the important people in your life.
- Celebrate strengths you and your loved ones have developed.
- Be an innovative shopper or gift giver. Try online shopping this year.
- Talk to your health care team about upcoming special events. They may be flexible about appointments in order to accommodate travel or other needs.

source: Read more on this topic from cancercare.org

Veggie of the Month: Pomegranate

Why eat pomegranate?
Pomegranates can be consumed by eating the seeds, otherwise known as arils, or can often be found as a juice. The arils are a source of fiber, providing 7gram/1 cup of arils. Fiber is important for digestion and blood sugar control. They are also good source of antioxidants, which defend your cells from damage and help with inflammation. Research has shown the potential impact pomegranate juice can have on hindering the growth of cancer cells in men with prostate cancer.

Choose pomegranates that are heavy and have a hard outside.

In order to get the arils out of the pomegranate flesh it is helpful to first cut the fruit into quarters. Then fill a bowl with water and add the pomegranate quarters. Use your fingers to free the arils from the flesh. Once completed throw out the flesh and strain the arils from the water. Be careful, the juice can stain clothing!

Recipe: Pomegranate Relish

Ingredients (makes 2.5 cups)
2 cups of pomegranate arils (~1-2 pomegranates)
1 cup of chopped cilantro or parsley
½ cup of extra virgin olive oil
1 Tablespoon of lemon juice
Salt and freshly ground black pepper

Instructions:
Step 1: Remove the pomegranate arils from the flesh.
Step 2: Chop cilantro or parsley
Step 3: Combine all of the ingredients. This relish can be stored in the fridge for 2 days.

source: https://www.marthastewart.com/1522636/pomegranate-relish

*Pomegranate arils should be stored in the fridge and will last for around 5-7 days.

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 the cancer supportive services team.

@MSHScancersupportiveservices

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