September is a very busy month! We have numerous special events in recognition of Blood Cancer Awareness Month, Prostate Cancer Awareness Month, and Gynecologic Cancer Awareness Month. Additionally, in recognition of the Mid-Autumn Festival, Tai Chi series is back starting Sept 4th. We will also have a Medicare virtual workshop with an attorney answering all of your Medicare questions! We hope to see you at one of our programs this month! Save the date for our Navigating Cancer Series: Navigating Finances, Work and Cancer will be on October 5th 12-1pm. Please join us for our second annual Tisch Cancer Institute Community Outreach and Engagement Retreat! We will be hearing from diverse community, research, and education experts on how to develop sustainable and collaborative partnerships between researchers, providers, community, and patient advocates.

The Medicare System: What to Know, What to Do and When to Do It
The Medicare system can be confusing, it is hard to know what to choose, original Medicare or an advantage plan and what does that mean? What are the deadlines for applying for the first time or changing your plan? Join us for this presentation to learn the basics of what it all means, who is eligible, and what to do. Featuring presenter: Cancer Advocacy Project: Vivienne Duncan, Project Director

Thursday, September 21st
1:00-2:00pm
Meeting ID: 828 9546 9105

For more information or to register for this event please contact cssevents@mountsinai.org or calling 212-523-6454

State of the Art Treatment, Future Advances, and Optimizing Nutrition for Myeloproliferative Neoplasms (MPN)
Join The Leukemia and Lymphoma Society for this interactive virtual program featuring:
Dr. John Mascarenhas
Dr. Douglas Tremblay
Abbey Reiser, MS, RDN, CDN
Moderated by: Jo Ann Mannino

Wednesday, September 27th 4:00-5:30pm
A panel of experts from the Mount Sinai Tisch Cancer Center and the MPN Education Foundation, will discuss key updates in treatment advances, as well as strategies for optimizing nutrition to improve health outcomes. A Q&A session will follow the presentation. Login and call-in information will be provided to all registered participants.
For more information or for assistance for people with disabilities, please contact: Marie Macias, MPH 914.496.3902 Marie.Macias@lls.org

Prostate Cancer Screening & Care: Advancing Health Equity for the Community
Join Mount Sinai, Zero Cancer and NYAM for an informative evening dedicated to prostate cancer health and screening. The even will include free prostate cancer screenings from the Mount Robert F Smith Screening Unit, a movie screening of "The Silent Killer: Prostate Cancer in the African American Community. An expert panel discussion as well as informational booths hosted by different organizations from across NYC.

Wednesday, September 20
5:30-8:00 pm
NYAM 1216 Fifth Avenue, New York, NY 10029
To register for this event please visit:
**Journaling 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.

**Wednesdays:**
**Not Meeting in September**

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**
*no class 9/11 or 9/25

Please email Alice Fox at alice@treat@gmail.com to get the Zoom link and password.

**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**
**9/11 and 9/18 at 1pm**
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. This class is open to those in treatment and who have completed treatment.

**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: 730 618 875
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. This class is open to those in treatment and who have completed treatment.

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

**Relaxation Techniques to Prepare for Cancer Surgery**
Connecting mind and body with meditation and hypnosis. Benefits have been reported to include: reducing levels of stress and anxiety, improving sleep, less pain and shorter recovery time. Last Thursday of the month 2-3pm.

**Thursday, September 28th 2-3pm**
To RSVP for the group, discuss additional availability and information please contact Mary Vu, LCSW at mary.vu@mountsinai.org OR 347-920-7634

Questions about Programming? Email Alison.snow@mountsinai.org
Crafts and Conversation 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. This group will meet in person in Chelsea in the Small Conference (Room N-02).

Wednesday, September 13th at 11:00am-12:00pm
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

Tai Chi Series with Master Sunny Tsang
In observance of Mid-Autumn Festival, join us for a series of four virtual Tai Chi classes with Master Sunny Tsang. 為了慶祝中秋節，請大家參加曾煒財師父教授的四堂相應太極課程。
The benefits of Tai Chi: 太極的益處
- Stress reduction 驅除壓力
- Calmness and tranquility 心靈的平靜
- Improved balance 改善平衡力
- Improved muscle strength 增強肌肉力量

Virtual classes on September 4, 11, 18, 25, 2 to 3 pm 視像課程時間為9月4日，11日，18日和25日下午2點至3點
To join via computer: https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923. Meeting ID: 742-587-5532

For more information, please contact: Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095
想要知道更多信息，請聯繫執業臨床社會工作者小周
郵箱 mi.zhou@mountsinai.org 或者電話212-604-6095

Cedar Club: Chinese-Speaking Cancer Patients Support Group
Join us for a workshop given by Ming Jin, PhD, Licensed Acupuncturist.
來參加執業臨床針灸師金博士的講座！
Join us for a discussion about how cancer patients can take care of themselves and improve quality of life during and after treatment.
和我們一起討論癌症患者在治療期間和治療後的自我照顧及提高生活質量。

Monday, September 11, 10:30–11:30 AM
RSVP and Zoom Information: Oscar.Duran@mountsinai.org, 212-824-9273
RSVP and Zoom Information: Oscar.Duran@mountsinai.org, 212-824-9273

Young Adult Caregiver Support Group
This is a drop-in group for young adults who are caring for a loved one living with cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere. The group meets every third Tuesday of the month 1:00-2:00pm

Tuesday September 19th at 1pm
For Zoom Information and to RSVP please contact Oscar.Duran@mountsinai.org, 212-824-9273

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 September 7th at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

Thursday, September 21st at 5:30pm
To join the groups email: Kat.Safavi, LCSW
Kat.safavi@mountsinai.org

Lung Cancer Support Group
Join this drop-in group for adults with lung cancer. Share, connect and learn from each other in a supportive atmosphere. This group is facilitated by a licensed social worker. Please join us for an open-ended Lung Cancer support group! Second Monday of the month.

Monday, September 11th 12:15-1:30pm
RSVP and Zoom Information: Mae.Ryan@mountsinai.org

Questions about Programming? Email Alison.snow@mountsinai.org
**Support Group: Post-Allogeneic BMT**

If you had an allogeneic bone marrow transplant, join this group to connect and learn from others who are also recovering from this type of transplant. Every second Monday of the month from 2:00-3:00pm

**Monday, September 11th, 2:00-3:00PM**

RSVP and Zoom Information: Ryan.Dritz@mountsinai.org

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**Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis**

Join an oncology social worker 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. Last Wednesday of the month and 2nd Thursday evening.

**Thursday, Sept 14th 6-7pm**

**Wednesday, Sept 27th 12-1 pm**

RSVP to www.lls.org/metny or call 914-496-3902

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**Multiple Myeloma Mindful Journaling Group**

Join us in a creative and therapeutic process of mindful journaling. Mindful journaling allows our thoughts, feelings and experiences to take tangible form on paper, which helps us to become a better listener to ourselves during times of stress. No experience required. Every first Tuesday of the Month, 4-5pm

**Tuesday, September 5th 4-5pm**

For more information or to RSVP, Facilitated by Rachel Wangler, LMSW (212) 824-8759/ rachel.wangler@mountsinai.org

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**Grupo de Apoyo Para Pacientes y Familias con Mieloma**

Los pacientes y sus cuidadores están invitados a compartir sus inquietudes, temores y experiencias en un entorno cómodo, empático y de apoyo mutuo en este grupo mensual gratuito.

El cuarto martes de cada mes.

**Martes, Sept 26th 5:30-6:30pm**

RSVP/pre-registration is required www.lls.org/metny, call 914-496-3902 or email charlotte.mcdermott@mountsinai.org

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**BIPOC Multiple Myeloma Support Group: "One Day at a Time"**

This is a support group for Black, Indigenous and People of Color (BIPOC) diagnosed with Multiple Myeloma. The group meets every 4th Wednesday of the month, 2:00-3:00pm.

**Wednesday, September 27th, 2:00-3:00pm**

RSVP and Zoom Information: YuMee.Song@mountsinai.org/ (212) 824-8771

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**Caring for the Caregiver Multiple Myeloma Caregiver Support Group**

A support group for caregivers of patients with multiple myeloma. Join us in a space to connect with others, share experiences, learn about resources, and reduce stress and isolation.

**Wednesday, September 6th, 5:30pm**

For more information and to receive the Zoom link, please contact Jaclyn Zingman, LMSW at 212-824-8745 or Jaclyn.zingman@mountsinai.org

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Questions about Programming? Email Alison.snow@mountsinai.org
Monday, September 18th
12:00-1:00pm

Meeting ID: 208 938 0884
Call in-929-205-6099

Woman to Woman: 20 Medical Advances in Treatment of Gynecologic Cancer with Dr. Stephanie Blank

In honor of Woman to Woman’s 20th anniversary Dr. Blank will highlight the growth and headway that has been made in the treatment of gynecologic cancer. We hope you join us to learn 20 ways that medical advancements has progressed for all gynecologic cancers. Dr. Blank is Director of Gynecologic Oncology for the Mount Sinai Health System and a Professor in the Department of Obstetrics, Gynecology, and Reproductive Science at the Icahn School of Medicine at Mount Sinai. She also is the Director of the Women’s Cancer Program at the Blavatnik Family – Chelsea Medical Center at Mount Sinai and Director of Oncology Programs, gynecologic cancers.

Wednesday, September 14th
10am

Meeting ID: 757 176 6991/Call in- 646-558-8656

Questions about Woman to Woman? Email womantowoman@mountsinai.org
**Woman to Woman: Cáncer ginecológico en mujeres mayores con la Dra. Naly Cruz**

Los cánceres ginecológicos son un tema serio para cualquier persona de cualquier edad. Los aspectos físicos, como recibir un diagnóstico y recibir tratamientos, y los aspectos emocionales, como aceptar el diagnóstico, compartirlo con otros y vivir con los cambios que puede traer, son temas importantes de discusión. Únase a nosotros para aprender con la Dra. Naly Cruz sobre cómo las mujeres mayores se ven afectadas específicamente por los cánceres ginecológicos.

**Fecha: Jueves 28 de septiembre 3-4pm**

Este evento es para pacientes con cáncer y sus familias y se llevará a cabo en español.

Únase a la reunión de Zoom:
Meeting ID: 757 176 6991/ Call in- 646-558-8656

This presentation was created in collaboration with the Lewin Fund to Fight Women’s Cancers, LatinaSHARE, Woman to Woman, The Red Door and The Tisch Cancer Institute at Mount Sinai.

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**Woman to Woman: Let’s talk BRCA**

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.

**Tuesday, September 26th 10:00-11:00am**

Meeting ID: 757 176 6991
Call in-646-558-8656,

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**TAHINI TWO WAYS**

**Savory and Sweet Recipes with Your Favorite Sesame Condiment**

WITH AMY KRITZER BECKER

@whatjewwannateat

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**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, September 20th at 6pm**

If interested in joining please contact Jennie Santiago jsantiago@sharecancersupport.org https://latina.sharecancersupport.org/cancer-de-seno/grupos-de-apoyo-para-mujeres-con-cancer-de-seno-o-de-ovario/ Todos podran registrarse llamando al ocepeda@sharecancersupport.org o 212 221-1750

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**Woman to Woman & Shasheret Collaboration Cooking Demonstration**

Join us for “Tahini two ways: savory and sweet recipes with your favorite sesame condiment” when Amy Kritzer Becker from moderntribe.com shares some unique and delicious tahini recipes. This program is part of the “Shasheret in the Kitchen” series, which brings nutritious meal options to help empower those at risk for breast and ovarian cancer to make healthier dietary choices.

**Wednesday, September 27th at 8:00pm**


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**Women to Woman Book Club**

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 ...) If you’d like to join but are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org for assistance. Sept Book: Robin’s pick! One True Loves by Taylor Jenkins Reid

**September 27th at 7:00pm**

Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Questions about Programming? Email alison.snow@mountsinai.org
**Healing through Journaling for Breast Cancer Patients**

Join our Healing through Journaling group via ZOOM! This group is open to all breast cancer patients and facilitated by Lori Perkins, a Breast Cancer Survivor and accomplished editor and author. Participants will receive writing prompts during the session and will have time to write and share with the group.

**Thursday, September 21st**

6:30-7:30pm

For more information and zoom link please call: 212-824-8765

**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/

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

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**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, 5:45-6:45pm**

RSVP for the Zoom information or for more information please contact
DubinNutritionist@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 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, DubinNutritionist@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

**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 DubinNutritionist@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

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

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**Ruttenberg Treatment Center**

If you are receiving treatment at Ruttenberg Treatment Center and are interested in individual art sessions in-person, please contact sascharuttenbergtreatmentnyc@gmail.com or cibelev@gmail.com. The Creative Center also works with those that are receiving treatment at Mount Sinai West. For any questions or more information contact info@thecreativecenter.org
Virtual Restorative Yoga
Join our new virtual restorative yoga class with Sammi Ahmen, a survivor. Yoga may help you alleviate some of the symptoms associated with cancer and its treatments. No yoga experience is needed. All levels are welcome. "Yoga is the journey of the self, through the self, to the self. -Bhagavad Gita

Tuesday, Sept 14th 7:00-8:00pm
To RSVP and for more information: Ebtesam.Ahmed@muntsinai.org
Zoom Meeting ID: 88910722187

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.
*Anyone in need of supplies please contact csseventsmountsinai.org

Thursday, 1:00-2:00PM Virtual
Call in to 1-646-876-9923
Meeting ID: 968 1548 3634

TCI Community Outreach and Engagement Retreat
Please join us for our second annual Tisch Cancer Institute Community Outreach and Engagement Retreat! We will be hearing from diverse community, research, and education experts on how to develop sustainable and collaborative partnerships between researchers, providers, community, and patient advocates. These partnerships are essential building blocks to move the needle toward equitable cancer care.

September 29, 10am - 1:30 pm
Annenberg Building, 5-205
(also via Zoom)
To register: https://www.surveymonkey.com/r/55KT DNL

Red Door Community Programming
The Red Door Community is a free cancer support community. They offer free workshops and groups, including a Spanish speaking support group “Amigos Unidos: Grupo de Apoyo para pacientes con cancer”.

For additional information, questions and to register for the events, please call 212-647-9700/
www.reddoorcommunity.org

Malecare Prostate Cancer Support Groups
Looking for support since being diagnosed with prostate cancer? Join Malecare for help coping and talking to others with the same diagnosis. They offer virtual support groups for: Advanced Stage, Newly Diagnosed, Gay Men, Active Surveillance, Caregivers.

For more information and to get the zoom link email info@malecare.org or visit https://malecare.org/support-groups/

Black Men’s Prostate Cancer Initiative: Support Group
The Black Men’s Prostate Cancer Initiative support groups provide prostate cancer education resources and support specifically for Black men diagnosed with prostate cancer. Our support groups under this initiative are currently fully remote, with the group being led by two licensed mental health professionals.

2nd and 4th Monday of each month at 8pm EST
To register please visit: https://zerocancer.org/get-support/black-mens-prostate-cancer-initiative/

Questions about Programming? Email alison.snow@mountsinai.org
Zentangles: Beyond the Basics Online with the JCC
Join instructors and certified Zentangle teachers Kathy Shapiro + Sarah Reading to 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 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: Sept 1, 8, 15, 22, 29**
11:30-12:30pm
You will receive a confirmation letter for your registration that will include the zoom link. Free for those being tested or treated for cancer.
Please contact registration by email at boxoffice@mmjccm.org for additional information.

Positive Psychology Hour Embodied Resilience + Hope online with the JCC
Positive psychology teaches us how to harness optimism, compassion, and character strengths to enhance our happiness and resilience. The Marlene Meyerson JCC Manhattan and Wholebeing Institute have partnered to create a lunch-and-learn monthly series on Tuesdays from noon–1 pm. Curated and moderated by Caroline Kohles, JCC Senior Director of Health + Wellness, the online series offers wisdom from leading experts, sharing how the science and practice of positive psychology can help you flourish by fortifying your resilience.

**Tuesday, Sept 12th**
12-1pm
Please email the registration department at boxoffice@mmjccm.org or call at 646-505-5708. Pay what you wish program.

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.

Gentle Water Aerobics for Women Living with Cancer at the JCC
Join Velia Hoffman 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 6 participants. The class is free of charge to individuals impacted by cancer.

**Tuesdays:**
10:00-11:00am
*Pool will be closed until 9/10 for maintenance
Free for those being tested or treated for cancer.
Registration by email: boxoffice@mmjccm.org

Nia Moving to Heal for Women Living with Cancer Virtual with the JCC
Nia is a holistic workout for the mind, body, and soul that incorporates elements from martial arts, dance, and relaxation techniques. Learn to slow down and personalize movements for your own body, while focusing on feeling better. While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation. Join Caroline Kohles for Nia!

**Tuesdays at 4:15-5:15 PM**
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Yoga for Cancer Care Hybrid with the JCC
Allow gentle yoga stretches to bring balance and calm into your body. Stretch, expand and soften as you improve well-being, feel better and regain and maintain your center. Gentle postures, relaxation and meditation will be incorporated into this class. No prior yoga experience is needed.
While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.
Join Whitney Chapman

Mondays
6:15-7:30pm

Join us online or in person for this FREE Yoga for Cancer Care class via zoom or in the Mezzanine classroom at the JCC.
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care

Healing Yoga For Women Living with Cancer Hybrid with the JCC
Utilizing the breath to slow the mind allows the body to relax and rejuvenate, tapping into the body’s ability to promote healing. In this healing yoga class, we will gently stretch the body to open into yoga postures that soothe and strengthen. Working with classic yoga postures designed to support the body through treatment and beyond, this practice will create calm and centeredness. While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.
Join Jerry Snee, Certified Yoga Instructor

Thursdays, 6:45-8:00pm
In person room Mezzanine Classroom
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

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. Facilitated by Teri Dupuy. 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 survivors.

Thursdays at 9:45-10:45am

In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

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 impacted by side effects of breast cancer surgery, chemo, and radiation. Exercise increases energy levels, boosts immunity, helps with weight management and eases symptoms of chronic illnesses! 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
Join Ana Leon Bella, Tatiana Valencia + Martha Eddy for this gentle cardio workout. Moving for Life is a light cardio workout that addresses fatigue and lymphedema, increases flexibility and promotes weight management.
While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.

Saturdays at 11:00-12:00pm

Please contact Registration by email at boxoffice@mmjccm.org

Yoga4Cancer Online with the JCC
Yoga4Cancer is designed to help those living with cancer manage treatment side effects and speed recovery through an evidence-based oncology yoga program. Yoga4Cancer builds strength and mobility in safe ways in order to stimulate the immune system and build bone density while detoxing the body and cultivating a sense of well-being.
While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.
Join Leora Leung, certified Yoga4Cancer instructor

Sundays, 3:00-4:15 PM

In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.
Chemo Companions and Peer to Peer Prostate Support
Chemo Companions pairs up patients with medical and graduate school students to regularly attend appointments and provide support throughout patients’ chemotherapy treatment at Ruttenberg Treatment Center. Contact anna.gribetz@mountsinai.org or 646-574-1008.

Are you diagnosed with prostate cancer and would be interested in being matched with a peer mentor? Jean Claude is our current peer mentor. He is a patient at Mount Sinai Hospital where he was treated for prostate cancer in 2005. Since 2007 he has worked with cancer patients as a volunteer at Mount Sinai Hospital’s Ruttenberg Treatment Center. For more information reach out to Anna.gribetz@mountsinai.org.

Vegetable of the Month: Beets
Why eat Beets? Although sometimes beets get a bad reputation for being higher in sugar compared to other vegetables, beets are a nutritional powerhouse and provide healthy fiber. Beets are very high in antioxidants and anti-inflammatory molecules that support detoxifying processes and fight off damage in our body. Beets are high in carotenoids lutein and zeaxanthin (found in carrots & green leafy vegetables) that are helpful for eye health. Beets are an excellent source of folate, and a good source of manganese, copper and potassium.

How do I select, store and prepare it?
- Choose small or medium sized beets whose roots are firm, smooth-skinned and deep in color, if the beets are small and tender you may not have to peel them after cooking
- Since beet juice can stain your skin, wear gloves when handling beets, or use lemon juice to remove stains from your skin afterwards
- Cook beets lightly. Studies show beets concentration of nutrients is diminished by high heat (steaming for 15 minutes); steamed beets are delicious on their own, in addition to a salad, or dressed with olive oil, balsamic vinegar, lemon juice and black pepper
- Beet greens are very nutritious and should not be discarded, can be used as a sauté or in a smoothie.

Recipe: Beet Ceviche

Ingredients:
- 1 (8.8 ounce) package cooked beets, chopped
- 1/2 ripe avocado, peeled and diced
- 1 small jalapeño, finely chopped
- 1/2 medium red onion, chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- Sea salt to taste
- 2 cups greens (baby spinach, kale, mesclun mix)

Directions:
Add all of the ingredients for the ceviche to a mixing bowl and toss together until well-combined. Taste for flavor, and add sea salt as desired.

Sources: https://www.lovebeets.com/recipes/beet-ceviche/ whfoods.com

Navigating Cancer Series
Finances, Work & Cancer
Travis Thomas will be the moderator for this informative workshop. Travis is a 3x cancer survivor, community scientist, oncology patient navigator, and CAB member. Julie Babayeva, Supervising Attorney at LegalHealth will review legal considerations, FMLA, applying for disability & employment law. Natalie Dopstadt, survivor and TCI CAB member will discuss her experiences as a survivor and provide suggestions. Rachel Becker, LMSW Deputy Director from Cancer and Careers will review disclosure, best practices for working through treatment/returning to work and communication techniques. Suggestions on where to go for more information as well as time for Q&A will also be allotted.

THURSDAY, OCTOBER 5TH 12PM-1PM
For more information or to RSVP email cssevents@mountsinai.org
Meeting ID: 88606257137

We would like to thank the following funders: The Marisa Acocella Foundation through a grant from Bloomingdales, Lower Manhattan Cultural Council, Poets & Writers, NYCT, Paul Robert Carey Foundation

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

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Ingredients:
- 1 (8.8 ounce) package cooked beets, chopped
- 1/2 ripe avocado, peeled and diced
- 1/2 medium red onion, chopped
- 1 small jalapeño, finely chopped
- 1 clove garlic, minced
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
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Add all of the ingredients for the ceviche to a mixing bowl and toss together until well-combined. Taste for flavor, and add sea salt as desired.

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