January is Cervical Cancer Awareness month, please join our Cervical Cancer Awareness presentation to learn about cervical cancer, understand screening guidelines and procedures and receive information on resources online with Karpas Health on Jan 22nd. Woman to Woman also has many new groups and workshops this month! We have several new programs including a new ostomy support group meeting on Jan 11th and a new Road to Resilience group for people in recovery or actively using substances meeting on Jan 10th. Additionally, we have a new Spanish workshop on Jan 24th. Our radiation oncology support group will be meeting in person this month with watercolor painting on Jan 17th. We hope to see you at one of our January programs!

**Woman to Woman: New Year’s Resolution Wellness Challenge - Special Three Week Series**
Join us for this special three week series designed to help cancer patients meet their New Year’s resolution wellness goals despite the added challenge of the pandemic. Each group member will set their own personal 2024 goals and, with the help of wellness coach Leslie Thompson, creator of the What’s Working Here blog, create a step-by-step plan to succeed. All participants will receive individualized support and education at each of the weekly sessions to help figure out how to best achieve their resolutions. Participants are strongly encouraged to attend every session if at all possible.

**Mondays January 8th, 22nd, 29th at 10am**
*Note skipping 1/15 due to MLK holiday*

Join Zoom Meeting:
https://bit.ly/37Czz0n
Meeting ID: 208 938 0884
One tap mobile:
+19292056099,2089380884#

**Ostomy Support Group**
Got a stoma? Getting a stoma? Join this group to connect with others and share your experiences. This group will meet the 2nd Thursday of the Month. January 10th will be our first group meeting. Please join us!

**Thursday, January 11th, 3-4pm**

**Talleres Mensuales en Espanol para Pacientes en Tratamientos Oncolgicos**
El objetivo de los talleres es crear una conexión entre los pacientes y el equipo de salud. Es un espacio creado para compartir preguntas para apoyo financiero, comunicación con equipo médico y apoyo para obtener calidad en el proceso de los tratamientos. El taller será facilitado por una trabajadora social el último miércoles de cada mes.

**Miércoles, 24 de Enero 4:00pm a 5:00 pm**
Zoom Meeting ID: 968 3919 7913
Para mayor información puede contactar a Maria Amado al 973-936-9030 o escribir un correo electrónico a: maria.amado@mountsinai.org

Contact Taemin Ahn for more information:
gioncsw@mountsinai.org
Journaling and 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.

Writing Workshops meet Mondays Jan 8 & 22
Journaling Workshops meet:
Wednesdays: 17th and 31st January
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 Wednesdays.
*No class on 1/17
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 January 8, 22, & 29
1-2pm
Meeting ID: 448 800 2565
Passcode: 506560

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, January 25th 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

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.

Wednesdays 8:00-4:30pm
Please email jerrysnee@msn.com for more info.
Mezzanine Classroom or via Zoom Meeting
Meeting ID: 860 3585 6126
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.
*Anyone in need of supplies please contact cssevents@mountsinai.org

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

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 Main Conference Room.

Wednesday, January 10th at 11:00am-12:00pm
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

Cedar Club: Chinese-Speaking Cancer Patients Support Group
Feeling down after cancer diagnosis? How can we cope with it? 在癌症確診後，是不是心情很低落呢? 這個時候我們可以怎麼做? Join us for a discussion about symptoms of depression and how to seek help, 來和我們一起討論抑鬱的一些症狀，以及怎樣尋求幫助。
Tuesday, January 16, 2:00 PM - 3:00 PM 星期二，1月16日，下午2點至下午3點 To join via computer: https://mountsinai.zoom.us/j/7425875532 追加電腦視頻入會的連結：https://mountsinai.zoom.us/j/7425875532 To join via telephone: dial 1-646-876-9923. Meeting ID: 742-587-5532 遠距電話入會請先撥打 1-646-876-9923，然後輸入會議號碼 742-587-5532 For more information, please contact: Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095 想要知道更多問題，請聯繫專案臨床社工周密小姐 郵箱 mi.zhou@mountsinai.org 或者電話 212-604-6095

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, January 4th at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

Thursday, January 18th at 5:30pm
To join the groups email: Kat Safavi, LCSW Kat.safavi@mountsinai.org

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

Radiating Strength: A Radiation Oncology Peer Support Group- In Person
Join this peer support group facilitated by an oncology social worker focusing on building mutual aid and healing emotionally from radiation treatment. This month we will be doing water color painting.

Tuesday, January 17th 3:00-4:00pm
Hess Conference room at radonc (I470 Madison, SCII level) from 3-4pm
RSVP and Information: Mariam.rahayab@mountsinai.org or call 929-837-1119

Chinese Cancer Support Group
A Beginners Guide to Mindfulness Meditation
跟社工实习生文倩一起学习简单的正念冥想技巧，养心怡情，舒缓焦虑，增强身心抵抗力，找回内在的安宁。
Join our Social Worker Intern Wenqian to practice simple mindfulness meditation techniques. Nurture your heart, soothe your anxieties, strengthen your physical and mental resilience, and rediscover your inner peace.
时间：星期一，1月22日，下午3-4点
RSVP and Zoom Information:
Mae.Ryan@mountsinai.org 電話：212-604-6095

Chinese Cancer Support Group
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, January 8th 12:25-1:30pm
RSVP and Zoom Information: Mae.Ryan@mountsinai.org

Lung Cancer Support Group

Questions about Programming? Email Alison.snow@mountsinai.org
Our support groups are the perfect place to talk with other people affected by blood cancers, including patients, family members, and caregivers.

**Post-Allogeneic BMT Support Group**

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 first Wednesday of each month 1-2pm

**Wednesday, January 3rd**

1:00-2:00PM

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

**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 Tuesday evening.

**Tuesday, January 10th 6-7pm**

**Wednesday, January 31st**

12-1 pm

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

**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, January 2nd**

4-5pm

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

**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.

**El martes, 23 de enero a las 5:30-6:30pm**

Para mas informacion visite www.lls.org/metny o llamar al: 800-955-4572. Dirigido por Charlotte McDermott, LMSW (212) 241-7868/la facilitadora del grupo charlotte.mcdermott@mountsinai.org

**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, 4:00-5:00pm.

**Wednesday, January 24th**

4:00pm

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

**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, January 10th, 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

Questions about Programming? Email Alison.snow@mountsinai.org
**Woman to Woman: Acupuncture for Self-Care & Healing**

In this presentation, the Zhang Clinic will introduce a general idea of acupuncture, what it is, how it works, and what conditions it can help based on the current research—followed by a demonstration of self-acupressure treatment for various types of pain or discomfort commonly experienced by gynecologic cancer patients. You can learn and apply the new technique to heal yourself and your significant others.

**Wednesday, January 17th**
**1:30 pm**
Join Zoom Meeting
Meeting ID: 757 176 6991 / Call in- 646-558-8656

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**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…)

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.

Edith’s pick! The Frozen River by Ariel Lawhon

**Tuesday, January 31st**
**7pm**
Meeting ID: 757 176 6991 / Call in- 646-558-8656

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**Woman to Woman: Gynecologic Cancer Support Group**
Meet other women who have been diagnosed with this life changing disease and share your story. The 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.

**Wednesdays, 12:00-1:00 pm**
**No group 1/15**
Meeting ID: 757 176 6991 / Call in- 646-558-8656

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**Woman to Woman: 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. Meets the third Monday of every month.

**Monday, January 22nd**
**12:00-1:00pm**
This month only will meet the fourth Monday of the month instead of the third due to the MLK holiday.
Meeting ID: 208 938 0884 / Call in-929-205-6099

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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.

**Tuesday, January 9th**
**12:00-1:15pm**
Meeting ID: 865 7625 2999 / Call in- 646-558-8656

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**Questions about Woman to Woman? Email womantowoman@mountsinai.org**
Thriving with Woman to Woman: A New Series
The purpose of this new monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. The Dec group will feature Barbara Shulman speaking on the topic of “Living and Loving with Grace and Forgiveness.” Barbara is an artist and a healing therapist. All of us have obstacles in our lives; Barbara helps her clients view their obstacles through a lens of empowerment and forgiveness, giving themselves the gift of peace. Meets the fourth Tuesday of every month.

Tuesday, January 23rd
12pm
Meeting ID: 208 938 0884
Call in # 929-205-6099

Woman to Woman: PFAS, Phenols, and Parabens: Links to Hormone-Mediated Cancers with Max Aung, PhD, MPH USC
Environmental exposures to industrial chemicals are widespread, including persistent chemicals such as per- and poly-fluoroalkyl substances, and non-persistent chemicals such as phenols and parabens. Human exposure poses a threat due to these chemicals’ ability to interfere with endocrine system function. In this talk, Dr. Aung will discuss recent evidence identifying certain chemical exposures associated with previous cancer diagnoses. These findings can help inform risk assessment and prevention efforts to protect susceptible populations.

Wednesday, January 31st
12pm
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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, January 17th 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 212 221-1750

January is CERVICAL CANCER Awareness Month

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.

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/

Cervical Cancer Awareness online with Karpas Health Information Center
Please join Mount Sinai Hospital Tisch Cancer Institute for a Cervical Cancer Awareness presentation. Learn about cervical cancer, understand screening guidelines and procedures and receive information on resources. Join Nathalie Vieux-Gresham Clinical Research Coordinator/Health Educator

Monday, January 22nd
1-2pm
Zoom Meeting ID: 939 0950 9843
Passcode: 776862 Dial In: 646-931-3860

Questions about W2W Programming? Email womantowoman@mountsinai.org
**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 are ALL virtual, online via Zoom. Once you sign up for a class, 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

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**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 are ALL virtual, online via Zoom. Once you sign up for a class, 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

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

**Thursdays, 5:00-6:00pm**
RSVP for the Zoom information or for more information please contact, DubinNutritionist@mountsinai.org

*These programs are ALL virtual, online via Zoom. Once you sign up for a class, 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

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**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, January 18th**
**6:30-7:30pm**
For more information and zoom link please call Jessica Kreitman 212-241-8765

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**Young Adult Breast Cancer Support Group**
Members will be able to share their experiences and emotions in a non-judgmental space, fostering within the group a sense of community that can be difficult to find elsewhere. This virtual group is open to patients ages 20-early 50s and at all stages of disease, including survivorship, are welcome.

**Wednesday, January 3rd**
**6:30-7:30pm**
RSVP and receive zoom info call 212-241-7748

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**Save the Date: Navigating Cancer as a Couple**
It’s no secret that breast cancer and its treatment can introduce new challenges into a relationship. Even the strongest partnerships can benefit from extra support and tools during periods of increased stress! In this Zoom workshop, we’ll explore common experiences of couples navigating cancer and learn strategies to communicate effectively and feel emotionally connected.

**Monday, February 12nd**
**6-8pm**
Zoom link will be provided upon RSVP. For more information or to RSVP please email Rebecca McCarthy at rebecca.mccarthy@mountsinai.org

Questions about Programming? Email alison.snow@mountsinai.org
**Post-Treatment Survivorship Support Group**
Join us for a place to learn, share experiences, and connect with other cancer survivors. The 1st and 3rd Friday of the month, Co-facilitated by Rachel Brenner, SWI & Mollie Sailor, SWI.

**Friday, January 6th & 20th**
12pm-1pm

Zoom Meeting ID: 742 587 5532

To learn more, please reach out to Rachel Brenner at Rachel.brenner@mountsinai.org

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**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 Tuesday.

**Tuesdays at 12pm**

For Zoom Information and to RSVP please contact
Oscar.Duran@mountsinai.org, 212-824-9273

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**Caregiver Support Group**
Join us for a place to learn, reduce stress, and connect with other caregivers in the community

**January 8 & 22, 2023**

2nd Monday every month
4-5 PM

Online via Zoom ID # 948 9031 3570 or by phone (646) 876 - 9923

Facilitated by Social Work Interns
Madison Hankin & Haley Shea
To learn more or RSVP, please reach out to Madison.Hankin@mountsinai.org or (212) 523 -7194

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**Road to Resilience**
A group for people in recovery or actively using substances to process experiences and get support from one another while navigating cancer. This group is led by Oncology social workers and will meet virtually on the second Wednesday of each month.

First meeting on **January 10th at 2pm**

Meeting ID: 929 2731 3680
Password: Support

For more information and to register, please call/text 929-687-1504

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**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.

**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/

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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: Jan 5, 12, 19, 26
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.

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

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

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, 7:30–8:30am
Evenings: Mon-Thurs 5:45–6:45pm

Meeting ID: 942 4397 1448
Password: meditation
Please visit https://mmjccm.org/fitness-wellness/or contact boxoffice@mmjccm.org for additional information.

Nia Moving to Heal for Women Living with Cancer Hybrid 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 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.

Zumba Strong + Stretch for Cancer Care in Person

Build your stamina and strength by starting with a nice long warm-up that grooves you into a good Zumba sweat then takes you into some deep stretching and final meditation. This class is structured to give a mind, body, and community experience offering students a good cardio workout with specific exercises to increase your flexibility, mobility, and stamina. Class limited to 12.

Wednesdays 12:30–1:30pm

Registrations are processed on a first-come, first-served basis. Please contact Registration by email at boxoffice@mmjccm.org for additional information or if you are having trouble registering.

Updates to Medicare & Medicaid online with Karpas Health Info Center- Save the Date

The presentation by Dawn Schuk Outreach Coordinator, Office of the Chief Medical Director / Office of Citywide Health Insurance Access (OCHIA), Human Resources Administration (HRA), Department of Social Services provides key health insurance options for seniors and people with a disability on upcoming changes to Medicare and Medicaid coverage in NYS in 2024. These changes will open coverage to populations who have been unable to secure insurance in the past.

February 5th 1–2pm

Zoom Meeting ID: 969 0204 7382
Passcode: 735621

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, 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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

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 Whitney Chapman

Thursdays, 6:45-8:00pm
In person room Mezzanine Classroom
In order to get the new Zoom link for this class, please go to https://mmjccm.org/programs/person-virtual-healing-yoga-women-living-cancer

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

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

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
Online & Individual Art Sessions & 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/3e6yZB.

If you are receiving treatment at Ruttenberg Treatment Center and are interested in individual art sessions in-person, please contact saschacreativecenternyc@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.

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”. Red Door community is una comunidad de apoyo para pacientes con cáncer. Esta comunidad ofrece conferencias y grupos de apoyo, incluyendo un grupo facilitado en español llamado “Amigos Unidos: Grupo de apoyo para pacientes con cáncer”.

Para más información, preguntas o si desea registrarse, comuníquese al 212-647-9700 o visite la página web www.reddoorcommunity.org.

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

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: Carrots

Why Eat Carrots: Carrots are very high in antioxidants: different colored carrots contain different antioxidants therefore it would be beneficial to consume a variety of colors, for anthocyanins red/purple carrots are the best source, for carotenoids eat yellow and orange carrots. Foods within the yellow/orange group contain vitamins, minerals and antioxidants that can protect against various forms of cardiovascular disease. One large carrot or ½ cup chopped provides 200% of the daily needs for Vitamin A, a lot of fiber and vitamin K. Cancer fighting properties: Vitamin A is important for immune function, flavonoids in carrots contain antioxidant and anti-inflammatory molecules.

Recipe of the Month: Roasted Carrots with Parsley and Thyme

Ingredients:
- 2 lbs carrots, peeled, quartered, cut into 2”
- 3 tbsp extra virgin olive oil
- Salt and pepper to taste
- 1 tsp fresh thyme leaves, chopped
- ¾ tsp oregano
- 3 tbsp finely chopped flat-leaf parsley

Directions: 1) Preheat the oven to 400 degrees. Oil a sheet pan or a baking dish large enough to fit all of the carrots in a single layer. Place the carrots in a large bowl, and toss with the olive oil, salt, pepper, thyme and oregano.

2) Spread in an even layer in the prepared pan or baking dish. Cover with foil, and place in the oven for 30 minutes. Uncover, and if the carrots are not yet tender, turn the heat down to 375 degrees and return to the oven for 10 to 15 more minutes until tender. Add the parsley, stir gently, and taste and adjust salt and pepper. Serve hot, warm or at room temperature. source nytimes.com

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

Follow our Instagram for our most up to date information on programming, resources, and important information from the cancer supportive services team. @MSHScancersupportiveservices
Latina SHARE Support Group for Women with Breast & Ovarian cancer

Únete a Latina Share un grupo de apoyo en español para nuestros pacientes de Mount Sinai Cancer Center, diagnosticados con cáncer de mama o de ovario.

Miercoles, 17 de enero
6pm

Para más información, preguntas o si desea registrarse, comuníquese al 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
212 221-1750

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Talleres Mensuales en Español para Pacientes en Tratamientos Oncológicos

El objetivo de los talleres es crear una conexión entre los pacientes y el equipo de salud. Es un espacio creado para compartir preguntas para apoyo financiero, comunicación con equipo médico y apoyo para obtener calidad en el proceso de los tratamientos. El taller será facilitado por una trabajadora social el último miércoles de cada mes.

**Miércoles, 24 de Enero**
**4:00pm a 5:00 pm**

Zoom Meeting ID: 9683 9197 913

Para mayor información puede contactar a Maria Amado al 973-936-9030 o escribir un correo electrónico a: maria.amado@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.

**El martes, 23 de enero a las**
**5:30-6:30pm**

Para mas información visite www.lls.org/metny or llamar al: 800-955-4572.

Dirigido por Charlotte McDermott, LMSW (212) 241-7868/la facilitadora del grupo charlotte.mcdermott@mountsinai.org

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