**How to Zoom**

1. Go to Zoom.us on your computer tablet or phone
2. Click the button in the top right corner that says "Sign Up, It's Free!
3. Create an account and check your email to activate your account
4. When it is time for the group or activity you want to participate either click or type in the link in your open browser or open zoom and when click join a meeting and type in the meeting ID. If you don't have a working microphone or don't want to download zoom, call in using the phone numbers listed

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**COVID & CANCER: COVID UPDATE with Dr. Smith**

As the COVID news continues to change daily, it's difficult to sort through and understand the implications of the vast amount of information available. Dr. Smith, oncologist & palliative medicine physician will share her expertise and help our oncology patients figure out how to safely navigate pandemic life.

**Monday, September 13th**

12:00-1:00PM

https://bit.ly/3yDgG5I
Meeting ID: 881 1090 7574
One tap mobile +19292056099

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**Supportive Care in Managing Blood Cancers**

Join Mount Sinai & The Leukemia & Lymphoma Society for this FREE patient education workshop: Dr Dar, Dr. Popp and Brittany Delaurentis, RD, CDN will provide an overview of common concerns for blood cancer patients. They will focus on pain and symptom management during treatment and strategies for optimizing nutrition to improve health outcomes. Q&A will follow session.

**Thursday, September 9th**

12:00-1:30PM

To register contact: 212-376-4656/ jennifer.shah@lls.org

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**Song Writing Workshop Series with Michael Inge**

Join Michael Inge facilitator of the Vocal Ensemble for this series on song writing. Let your creativity flow and create some new music!

**Tuesdays: Sept 14, 21 & 28**

12:00-2:00PM

Meeting ID: 818 9077 6153
Passcode: 118709
929-205-6099
81890776153#118709#

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Questions about Programming? Email Alison.snow@mountsinai.org
Yoga For Cancer Survivors with Roberta
Looking to find a little peace of mind and stretch your body?
Join Roberta for a virtual Yoga practice
Fridays at 2:00-3:30pm
Please note that this is a virtual yoga class and will be held on zoom.
https://us02web.zoom.us/j/3770410700
Meeting ID: 377 041 0700

Yoga For Men Who are Cancer Survivors with Jerry
Join Jerry Snee for virtual community and Yoga practice on
Thursdays 3:00-4:30pm
Please note that this is a virtual yoga class and will be held on zoom.
Join Zoom Meeting
https://zoom.us/j/91453647590
Password: jcycyogamen
Meeting ID: 914 536 4759

Knitting Group
Join our Mount Sinai Vocal Ensemble for a little musical delight. Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.
The group meets on Zoom on

Mondays at 1:00pm
Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.
Meeting ID: 448 800 2565
Passcode: 506560

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

11:00-12:00PM
*No meeting 9/6
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Writing and Journaling Workshops
Join our Writing and Journaling Workshops at 3:00pm via Zoom!
Emily will send out prompts the night before and we encourage you to take a moment, whether 10 minutes or an hour to write something, then we will gather together on Zoom to shre what we have written!

Monday: Sept 20 & 27
Wednesdays: Sept 8, 22, 29
Email Emily to get the Zoom link and password: write.treat@gmail.com

Questions about Programming? Email Alison.snow@mountsinai.org
Newly Diagnosed Group
Have you been recently diagnosed with Cancer? Join us to learn techniques to cope with anxiety, such as mindfulness, and other meditations for relaxation and talk to other patients about what they are doing to handle their new diagnosis.

Wednesday, September 8th at 11:00am-12:00pm
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Latina SHARE Support Group for Women with Breast & Ovarian cancer
Join LatinaSHARE for a support group in Spanish for our Mount Sinai Cancer Center patients with Breast or Ovarian cancer.

Mount Sinai Downtown: Thursday Sept 2 & 16th at 1:30pm

Mount Sinai Morningside: Wednesdays: Sept 8th & 22nd 2:30-4:00pm
If interested in joining please contact Jennie Santiago 917 815-1760
Todos podran registrarse llamando al 212.221.1626 o
palcivar@sharecancer-support.org

Grupo de Espiritualidad para Latinas
¿Te gustaría recibir apoyo usando tu espiritualidad y fe?
¿Estás buscando apoyo y conexión con otras mujeres que están pasando por una experiencia similar?
Acompáñanos todos los martes de 1-1:45 por Zoom
Para más información puedes contactar:
Silvia Mejia 646-527-0226 o Silvia.mejia@mountsinai.org
or call in to 1-646-876-9923
Meeting ID: 802-864-3528

SPOHNC GROUP
Support for People with Oral and Head and Neck Cancer
Take this opportunity to share information and resources with women and men experiencing similar concerns- you are not alone!

Tuesday, Sept 21st 3:30pm-4:30pm
RSVP to Darren Arthur, LCSW (212)844-6292 or email
darren.arthur@mountsinai.org to get the login info and Zoom link!

Brain Tumor Support Group
Seeking support for yourself or a loved one with a Brain Tumor? This open session allows you to share experiences, learn from others' experiences, exchange ideas and obtain support. It is led by Mount Sinai social workers, nurses and neurosurgeons.
Join this online support group.

Thursday, Sept 2nd & 16th at 4:00pm
To join the group email: Kat Safavi, LCSW
Kat.safavi@mountsinai.org

Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis
Join Meghan Shafer, LMSW 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, Sept 9th 6:00-7:00 pm
RSVP to meghan.shafer@mountsinai.org or 212-636-3443 for the workshop Zoom information

Our support groups are the perfect place to talk with other people affected by blood cancers, including patients, family members, and caregivers.

Questions about Programming? Email Alison.snow@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 Michael Horton, Staff Chaplain. The
September 2nd 11:00-12:00pm
For more information:
liza.lundgren@mountsinai.org/
347-580-0669
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

The Cedar Club: Chinese-speaking Cancer Patients Support Group
Join us for a discussion about coping with stress during difficult times. 來和我們一起探討困難時期如何為自己減壓。
Tuesday, September 14, 2:00 PM - 3:00 PM
星期二，9月14日，下午2點至下午3點
To join via computer: https://bit.ly/37OCzo0
通過電腦視頻加入會議的鏈接:
https://bit.ly/37OCzo0
To join via telephone: dial 1-646-876-9923, Meeting ID: 320-489-3433
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師小周
邮箱 mi.zhou@mountsinai.org 或者電話212-604-6095

Celebrating Mid Autumn Festival
慶祝中秋佳節
Thursday, September 23, 3:00 PM - 4:00 PM
星期四，9月23日，下午3點至下午4點
Join us for a virtual/telephone Mid-Autumn Festival celebration! 來和我們一起通過視頻或者電話慶祝中秋節！
Let us sing Mid-Autumn Festival songs together! 讓我們一起唱中秋歌曲！
To join via computer: https://bit.ly/37OCzo0
通過電腦視頻加入會議的鏈接: https://bit.ly/37OCzo0
To join via telephone: dial 1-646-876-9923, Meeting ID: 320-489-3433
通過電話加入會議: 拨打1-646-876-9923, 然後輸入會議號碼320-489-3433
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師小周
邮箱 mi.zhou@mountsinai.org 或者電話212-604-6095

Malecare All Things Prostate Cancer & Advanced Prostate Cancer Support Group
Looking for support since being diagnosed with prostate cancer? Join Malecare for help coping and talking to others with the same diagnosis.
Wednesdays
For more information and to get the zoom link email info@malecare.org

Malecare Gay Men's Prostate Cancer Group
A cancer diagnosis can be a lot for anyone to handle, but gay men may experience added challenges due to histories of homophobia and marginalization. Join Malecare on the 1st Monday of every Month at 6pm for support from other gay men going through a similar experience.
First Monday of the Month at 6pm
To get the zoom link and RSVP email info@malecare.org

8 Week Pelvic Floor Bladder Control Workshop online with Karpas Health
Bladder control issues greatly impact quality of life and our ability to engage in meaningful activities. This program is specifically tailored for people dealing with urinary issues such as stress and urge incontinence. In this program, you will learn techniques to improve bladder control and resume activities with ease and confidence.
REGISTRATION IS REQUIRED!! Please register at Karpashealth.org/212-420-4247
ZOOM LINK WILL ONLY BE SENT TO THOSE WHO REGISTERED TO ATTEND THE WORKSHOP!
Fridays, September 17 (8 weeks)
10:00-1200 pm

Questions about Programming? Email Alison.snow@mountsinai.org
**Woman to Woman Panel Discussion for Newly-Diagnosed Gynecologic Cancer Patients**

Have you recently been diagnosed with ovarian, cervical, uterine or endometrial cancer and would like to learn more? Speakers will feature: Emily Szafara, LMSW Gyn Onc Social Worker, Chelsea Dr. Elizabeth Dickson Michelson-Gyn Oncologist, Aurora Health Care & Chanda Robinson, Ovarian Cancer Survivor

**Wednesday, September 22nd at 6:00 PM**

Zoom link: https://us02web.zoom.us/meeting/register/tZAdOipr2ksHtH-mlr_gp37Tnd-fH8LT1x

ashley@wisconsinovariancancer.org

CO-SPONSORED BY: Mount Sinai Woman to Woman, Yale School of Medicine Discovery to Cure and Wisconsin Ovarian Cancer Alliance

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

This new monthly group is for long-term (2+) year survivors of gyn cancer. The purpose is to connect with other women to share unique experiences of long-term survivors in a supportive setting. Meets the third Monday of every month.

**Monday, September 20th 12:00-1:00pm**


Meeting ID: 825 1724 0941

One tap mobile +19292056099

**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

**September 14th at 12:00-1:00pm**

Zoom info: https://bit.ly/3xFh1mP

Meeting ID: 865 7625 2999

Call in-646-558-8656,86576252999#

**Woman to Woman Latina Event: Cuidando su intimidad Después de un Diagnostico de Cancer Ginecológico**

Cuidando su intimidad después de un diagnóstico de cáncer ginecológico

Te invitamos a una presentación (en línea o via ZOOM) de una hora sobre cómo cuidar tu intimidad y relación de pareja después de un diagnóstico de cáncer ginecológico. La doctora en psicología Rosario Costas Muniz presentará importante información sobre el tema y destrezas de cómo mejorar la comunicación y cuidar este aspecto importante de su vida

**Thursday, September 30th 3:00pm**

Zoom link:https://bit.ly/3ihE4zL

Meeting ID: 889 5880 7097

Call in +19292056099

**Woman to Woman Covid & Cancer Series: Post-COVID Maekup**

Join Katiuscia Rosado, founder of Aura Beauty & Cosmetics, a specialized makeup line for cancer patients, will discuss what makeup products are safe, tips for choosing the best products and application techniques to help you feel your best!

**Monday, September 27th at 1:00pm**

Join Zoom Meeting:

https://bit.ly/3s7bZ1A

Meeting ID: 879 4942 8638

One tap mobile +19292056099

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

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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. Our group goal is to reduce isolation, share resources, and learn ways to cope.

**Thursday, September: 2, 16 & 30 11:00-1200 pm**

Join Zoom Meeting:

https://bit.ly/3g0u8cl

Meeting ID: 896 1252 5075

Call in- 646-558-8656,89612525075#
Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
QiGong & Breathworks Online with Karpas Health
Join Sharia Jones-Bey for Swimming Dragon a Qigong form graceful movement, which imitates the sinuous movements of a dragon swimming. It can be done by anyone and helps promote inner peace, reduce fear, anxiety as well as calms the mind. Guided meditation at the end.

**Thursdays, 10:00-11:30PM**
Zoom Meeting ID: 787 352 1867
Passcode: Gloria20
Dial In: 1-929-205-6099

Joint Movement for Seniors Online with the JCC
Learn how to ease mobility in every joint. You’ll start by relaxing your spinal muscles, the big muscles of the body, through easy-to-do postures. Then, through a series of fun, flowing, simple movements, you’ll open the joints of your body, releasing tension and improving circulation.

**Wednesday September 15th, 10:45-12:15PM**
Please contact Registration by email at boxoffice@mmjccm.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 9/16
https://zoom.us/j/99360073785
Meeting ID: 993 6007 3785
Password: jcchealing

Zentangles Introduction Course Online with the JCC
Easy-to-learn, relaxing and fun, The Zentangle Method is a way to create beautiful images. Drawing these patterns, called tangles, allows the artist inside of you get lost in repetition, focus, and relax. By combining dots, lines, curves and orbs step-by-step, you are designing the "Elemental Strokes" in all Zentangle art. No art background required.

**Thursdays, September 23 (5 week series) at 1:30-2:45pm**
Please contact Registration by email at boxoffice@mmjccm.org
Free for those being tested or treated for cancer.

Zentangles: Beyond the Basics Class Online with the JCC
Come create easy-to-learn patterns in beautiful compositions through this unique rhythmic art form, suitable for artists at all levels. In no time, the simple steps allow tanglers to access a delicious pleasure and calm. Bring a cup of tea, unlined white paper, a finetipped black pen, pencil, and paper smudger (or cotton swab) for shading, and watch your creativity take off!

**Fridays at 11:30-12:30 PM**
Please contact Registration by email at boxoffice@mmjccm.org
Free for those being tested or treated for cancer.

Create a Manifestation Vision Board Online with the JCC
Join Robin Mandel for a program designed to help you figure out ways to pull all aspects of your life together and achieve your goals by learning how to create a digital vision board. You can design a handmade vision board from magazines and pictures or learn something new and create a digital collage with photocollage.com

**Sunday, September 19th, 4:00-5:30PM**
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Recipe of the Month: Grilled Chicken Kebabs

Ingredients:
- 12 oz boneless chicken breast, skinless, cut into 12 even pieces
- 1 zucchini, cut into 8 pieces
- 1 medium red bell pepper, cut into 8 pieces
- 8 cherry tomatoes
- Marinade: 1 tbsp olive oil, 2 tbsp apple cider vinegar, 1 tbsp Dijon mustard, 1 tsp Dijon mustard, 1/2 tsp dried oregano, 2 cloves garlic minced, 2 tbsp fresh parsley, chopped, salt and pepper to taste
- Dressing: 12 fresh mint leaves, 1 cup frozen peas, cooked, 1 tbsp olive oil, 1 clove garlic, minced, 1/2 tsp cumin, juice of 1 lemon, [marthastewart.com]

Directions:
1. Whisk together marinade ingredients and set aside 1 tablespoon for basting later. In shallow dish, cover chicken with marinade until well coated. Cover and marinate in refrigerator for at least 2 hours.
2. Using four kabob skewers, arrange 3 pieces of chicken and 2 pieces each of zucchini, pepper and tomatoes per skewer. For easier grilling, start and end each skewer with chicken.
3. Coat grill lightly with oil to prevent sticking. Place skewers on medium-hot grill. Turn frequently and brush with reserved marinade. Cook for 18-25 minutes or until juices run clean. Cooking time will depend on size of chicken pieces & temperature.
4. Place dressing ingredients in food processor or blender. Puree.
5. After removing kabobs from grill, let stand 5 mins. Serve with dressing on side.

Vegetable of the Month: Safe Summer Grilling

As we are in the heat of the summer season many people are likely grilling. You may have heard about the potential dangers associated with grilling or eating grilled foods. Here are some simple steps you can take to make sure you’re grilling healthfully:
- Limit intake of red meat (pork, beef, lamb) to under 18 ounces of cooked meat per week
- Avoid processed meats (hot dogs, sausages)
- Try grilling fish and chicken, use flavorful herbs and marinades to increase the flavor
- Studies show marinating meat for 30 minutes can reduce the formation of dangerous molecules called heterocyclic amines from forming when you grill food- marinate raw meat/fish in the refrigerator in a sealed air tight bag or container. Use vinegar, lemon juice and herbs/spices.
- Minimize intake of charred/burnt pieces by cooking over a low flame, trimming the meat before it goes on the grill, as these charred/burnt pieces contain potentially unsafe molecules
- Add colorful vegetables to your grill, as veggies provide phytochemicals which add anti-cancer action into the mix

September is Prostate Health Awareness Month

Research has found risk factors that increase your chances of getting prostate cancer. These risk factors include—
- Age: The older a man is, the greater his risk for getting prostate cancer.
- Family history: Certain genes (passed from parent to child) that you inherited from your parents may affect your prostate cancer risk. Currently, no single gene is sure to raise or lower your risk of getting prostate cancer. However, a man with a father, brother, or son who has had prostate cancer is two to three times more likely to develop the disease himself.
- Race: Prostate cancer is more common in African-American men. It tends to start at younger ages and grow faster than in other racial or ethnic groups, but medical experts do not know why.
- Researchers are trying to determine the causes of prostate cancer and whether it can be prevented. They do not yet agree on the factors that can influence a man’s risk of developing the disease, either positively or negatively.

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

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