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

Survivors Day
Join us for a virtual live celebration hosted by Alison Snow, LCSW-R, OSW-C and Kaitlin Goldgraben, LCSW with physician speaker, Dr. Joshua Richter, as well as speeches, performances and demonstrations from Mount Sinai patients, staff, and team members.
Sunday June 6, 11:00am-Noon
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Special Event for Dragon Boat Festival: Chinese Speaking Cancer Patients
Tuesday, June 15th 2:00PM-3:00 PM
Join Flora Ferng, East Asian Communities Liaison of NYC Commission on Human Rights for a workshop discussing self-advocacy in face of anti-Asian hate crimes
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

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. No grupo
6/1, 6/15, 6/22
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

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 Sne 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.
https://zoom.us/j/91453647590
Meeting ID: 914 5364 7590
Password: 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 from 1:00-2:00PM
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Writing and Journaling Workshops
Join our Writing & Journaling Workshops at 3:00 pm 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!
Mondays: June 7th and 21st
Wednesdays: June 2, 9,16,23
Email Emily to get the Zoom link and password: write.treat@gmail.com

Meditation with Alice
Join Alice Fox on Monday, Tuesday and Friday for a thirty minute guided meditation.
Learn to connect with a sense of inner peace and let go of stress and other painful minds.

12-12:30PM
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Mount Sinai Vocal Ensemble
Join our Mount Sinai Vocal Ensemble for a little musical delight.
Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.
The group meets on Zoom on
Mondays at 1:00pm
Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.
Meeting ID: 448 800 2565
Passcode: 506560
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, June 9th 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 June 3rd & 17th
Mount Sinai Morningside: June 9th & 23rd at 2:30-4:00
To register call 844.275.7427,
Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

Radiation Support Group
This is a space for people who have had or are currently receiving radiation treatments.
Tuesday, June 1st at 12:00-1:00pm
For more information or to RSVP contact:
Meghan Shafer, LCSW at 212-636-3443
or meghan.shafer@mountsinai.org
Meeting ID: 320 489 3433
or call in to 646-876-9923

SPOHNC Group
Support for People with Oral, Head and Neck Cancer. Take this opportunity to share information and resources with women and men experiencing similar concerns - you are not alone!
Tuesday June 15th at 3:30-4:30pm
RSVP to Darren Arthur, LCSW 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, June 3rd and 17th 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, June 10th 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
**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.

**Malecare All Things Prostate Cancer and 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.

**Wednesday**
For more information and to get the zoom link email info@malecare.org

**The Cedar Club: Chinese-Speaking Cancer Patients Support Group**
雪松會-華人癌友互助會

**Thursday June 24**
2:00-3:00pm

星期四,6月24日,下午2點至下午3點

https://bit.ly/3y8kOL7

通過電腦視頻加入會議的鏈接: 通過電話加入會議:

電話212-604-6095

郵箱mi.zhou@mountsinai.org 或者電話212-604-6095

**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.

**June 7th at 12:00-1:00pm**
Meeting ID: 827 5694 9116
Call in-929-205-6099,
Meeting ID-82756949116#

**Woman to Woman: Covid & Cancer Series: Working & Living Virtually-Ergonomic Essentials**
Join Arlette Loeser, MA OTR, CIE/P, Director of Ergonomics at Mount Sinai Selikoff Centers for Occupational Health. All perspectives and feelings are welcome.

**Wednesday, June 9th 12:00-1:00pm**

Meeting ID: 897 3969 4396
Call in- 929-205-6099

**Woman to Woman: Covid & Cancer Series: Navigating Post-Pandemic Stress with Hypnotic Meditation**
Join Certified Hypnotist, Emma Ehrenzeller to learn more about the science behind hypnosis and how its a tool for reducing stress. She will also conduct live hypnosis session.

**Tuesday June 22nd**
12:00-1:00 PM

https://bit.ly/3y8kOL7
Meeting ID: 832 9137 3137
One tap mobile +19292056099

Questions about Programming? Email Alison.snow@mountsinai.org
Woman to Woman
Pelvic Physical Therapist

Come join Jessie Weinberg, Director of Pelvic Health and Doctorate of Physical Therapy to learn more about pelvic health and the SPEAR program.

Thursday, June 17th
12:00-1:00 PM

Join Zoom Meeting:
http://bit.ly/3sI7bhY
Meeting ID: 841 7354 5693
Call in-929-205-6099, Meeting ID- 84173545693#

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

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

Monday, June 21st
12:00-1:00pm

Join Zoom Meeting
Meeting ID: 825 1724 0941
One tap mobile +19292056099

Woman to Woman Summer Fun

For the first season of this lighthearted summer series, join junior volunteers Emma & Calliope who will lead participants in a series of fun, interactive virtual games.

Wednesday, June 16th 4:00-5:00pm

Join Zoom Meeting
Meeting ID: 874 1335 0289
One tap mobile +19292056099

Woman to Woman Gyn-Onc Group

Women diagnosed with gynecologic cancer are invited to join our phone support group meetings. Connect with other women also going through treatment and our network of volunteer survivors by phone.

Thursdays @ 11:00-12:00

Join Zoom Meeting:
http://bit.ly/3sI7bhY
Meeting ID: 841 7354 5693
Call in-929-205-6099, Meeting ID- 84173545693#

Woman to Woman Book Club

Join our Woman to Woman book club! Join W2W volunteer Emily Mlynek, a senior marketing manager at Penguin House, to discuss a range of selections. All are welcome, whether you finished the book or not! We meet the last Tuesday of every month.

This month's book:
Beach Read by Emily Henry

Tuesday, June 29th at
6:30-7:30pm

Join Zoom Meeting
http://bit.ly/3qPqaXo
Meeting ID: 812 9687 7497
Call in- 929-205-6099

Monthly Intentions Digital Vision Board Course

Online with the JCC

Discover the magic of vision boards, let Robin Mandel, a "master manifestor" teach you how to tap your inner strength using proven steps of goal achievement.

Tuesday, June 8th at
6:00-7:15pm

Please contact Registration by email at
boxoffice@mmjccm.org

Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org
Nia Movement to Heal for Women Living with Cancer Online with the JCC
Learn to slow down and personalize movement for you body while focusing on feeling better, regardless of your physical condition.
All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation.
Tuesdays at 4:00-5:00 PM
Zoom Meeting ID: 936 4666 0653
Zoom Password: jccniamove

Moving for Life Online with the JCC
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.
Wedsdays at 12:00-1:00pm
Please contact Registration by email at boxoffice@mmjccm.org

A Walk with Cancer Healing Music + Conscious Self-Care Online with the JCC
Join Amy Camie, certified musician, breast cancer thriver, shares life lessons, healing harp meditations, and inspiring insights. Take a walk with Amy.
Sunday, June 27th at 6:00-7:15 PM
Please contact Registration by email at boxoffice@mmjccm.org for additional information

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 10:00-11:00 am
Join Zoom Meeting https://zoom.us/j/96764984284
Meeting ID: 967 6498 4284
Password: jccaichii

Healing Yoga For Women Living with Cancer Online with the JCC
Join Jerry Snee, for this restorative yoga class. The classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of that surgery and chemo and radiation. At this time classes are open to all cancer survivors.
Thursdays, 6:45-8:00pm
https://zoom.us/j/99360073785
Meeting ID: 993 6007 3785
Password: jchealing

Broadway's Best For Breast Cancer: Staying Healthy & Strong Online with the JCC
Tackle Your Fear of Cancer Treatments, Part I - Chemotherapy
Join Broadway Star Mandy Gonzalez (Hamilton, Wicked, and In the Heights) and her friends and fellow performers from the comfort of your own home as they perform. This program brings together music and discussion. Hear from health experts Dr. Estabrook & Dr. Goel. Creative and fashionable ways to deal with hair loss will also be discussed.
Monday, June 14th at 5:30-6:30pm
Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Yin/Yang Yoga Flow and Stillness Online with the JCC

Discover flow and stillness in this yoga practice that combines active Hatha Yoga with rejuvenating Yin postures to bring balance to the mind, body, and spirit. All levels welcome, some experience with yoga helpful and beginners are welcome!

Thursday June 17th
6:45-7:45pm
Free for those being tested or treated for cancer. Please contact Registration by email at bofoxoffice@mmjccm.org

Zentangle Therapeautic Doodling Online with the JCC

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 from 1:30-2:45pm
June 10, 17 & 24
Free for those being tested or treated for cancer. Please contact Registration by email at bofoxoffice@mmjccm.org

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

Vegetable of the Month: Mint

Mint contains trace amounts of vitamins and minerals such as Vitamin, C,K, Potassium, & Calcium. Using mint in cooking and beverages can help add flavor while reducing sodium and sugar intake.

Bonberi green smoothie Source: Bonberi.com Makes 32 ounces/serves 2-4
-1 cup of chopped very ripe bananas frozen (must have the spots!)
-1 firmly packed cup of chopped kale or baby kale
-1 firmly packed cup of baby spinach -2 cups of coconut water
-1 fuji apple, cored, not peeled
-2 large stalks celery
-1 cup of chopped frozen mango
-1 handful or 1/4 cup of fresh mint leaves
Blend on high until creamy consistency

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 update information on programming, resources, and important information from our cancer supportive services team.
@MSHScancersupportiveservices

Questions about JCC Programming? Email bofoxoffice@mmjccmanhattan.org
### SUPPORT & WELLNESS PROGRAMS: JUNE 2021

<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>Survivors Day June 6th 11am-12pm  call 1-646-876-9923  Meeting ID: 320 489 3433</td>
<td>1 12:00-12:30 Meditation 12:00-1:00 Radiation Support Group 4:00-5:00 Nia Movement to Heal for Women Living with Cancer (JCC)</td>
<td>2 12:00-1:00 Moving for Life (JCC) 3:00-5:00 Journaling Workshop</td>
<td>3 10:00-11:00 Ai Chi Renewal Program for Women Living with Cancer (JCC) 11:00-12:00 Woman to Woman Gyn-Onc Support Group 1:00-2:00 Knitting 2:30-4:00 LatinaSHARE Downtown 3:00-4:30 Yoga for Men (JCC) 4:00-5:00 Brain Tumor Support Group 6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
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<td>7 12:00-12:30 Meditation 12:00-1:00 Woman to Woman Living with Recurrent Gynecologic Cancer 1:00-2:00 Vocal Ensemble 3:00-5:00 Writing Workshop 6:00-7:00 Malecare Gay Men’s Prostate Cancer Group</td>
<td>8 12:00-12:30 Meditation 12:00-1:00 Woman to Woman Living with Recurrent Gynecologic Cancer 1:00-1:45 Grupo de Espiritualidad para Latinas 4:00-5:00 Nia Movement to Heal for Women Living with Cancer (JCC) 6:00-7:00 Monthly Intentions Digital Vision Board Course (JCC)</td>
<td>9 11:00-12:00 Recently Diagnosed Cancer Group 12:00-1:00 Moving for Life (JCC) 1:00-2:00 Woman to Woman: Covid &amp; Cancer Ergonomic Essentials 2:30-4:00 LatinaSHARE Morningside 3:00-5:00 Journaling Workshop</td>
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<td>14 12:00-12:30 Meditation 1:00-2:00 Vocal Ensemble 5:30-6:30 Broadway’s Best for Breast Cancer: Tackle Your Fear of Cancer Treatments Part 1: Chemotherapy (JCC) 6:15-7:30 Yoga 4 Cancer Care (JCC)</td>
<td>15 12:00-12:30 Meditation 2:00-3:00 Dragon Boat Festival: Mandarin/Cantonese: Join Flora Ferrg, for a workshop discussing self-advocacy 3:30-4:30 SPOHNC Group 4:00-5:00 Nia Movement to Heal for Women Living with Cancer (JCC)</td>
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**For Further Information Please see our June Newsletter:**

- Cancer Supportive Services Programming - for any questions contact alison.snow@mountsinai.org
- Woman to Woman Program Programming - please contact womantowoman@mountsinai.org
- The Marlene Meyerson JCC Programming - for information on registration please email boxoffice@mmjccm.org