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

We are still virtual and we are still here to provide you support.
We are using zoom to offer FREE programming for patients and caregivers. Zoom is an online platform which is accessible via phone, laptop, desktop, and tablet. We have included the links, dial in numbers and meeting IDs so you can join us.

Tips for Coping with Cancer During the Holidays

- Make plans to get together with friends, family or co-workers over the holidays.
- Create a new holiday season tradition that makes the most of your energy. Change your usual holiday activities so you relieve yourself of some of the pressures of entertaining.
- Enjoy special moments. Try to focus on new traditions that have been established, rather than on how cancer has changed a holiday or special occasion.
- Talk to your health care team about upcoming special events. They may be flexible about appointments in order to accommodate travel or other needs.
- Be an innovative shopper or gift giver. Try online shopping this year. You can also make a gift of sharing your thoughts and feelings.

Reference: www.cancercare.org/publications/55coping_with_cancer_during_the_holidays

Using Art as Self-Care During the Holidays

Join us to create "Zentangle Breath Books," an activity that combines the calming art of Zentangle and Origami. Only paper/pencil are required. This workshop will be facilitated by Maryann Scheblein-Dawson, origami specialist and Certified Zentangle Teacher (CZT) from The Creative Center

Wednesday, December 15
11:00-12:00PM

ZOOM ID # 790 689 4948 OR CALL IN AT 646-876-6648

Caregiver Support During the Holidays

The holidays can be challenging for caregivers. Caregivers of cancer patients please join us for a support group to help you manage the stress and anxiety that is common during this time. We will share tips and suggestions. The sessions will be facilitated by Jaclyn Zingman, SWI & Nicole Ross, SWI

Thursday, December 2 & 16
4:00-5:00PM

Meeting ID: 95054322314 or by phone 646-876-9923

For more information or to RSVP please call or email Jaclyn at jaclyn.zingman@mountsinai.org or 212-523-7289

Questions about Programming? Email Alison.snow@mountsinai.org
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
*No class 12/27
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

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
*No class Dec 24th or Dec 31
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, CYI for virtual community and Yoga practice

Thursdays 3:00-4:30pm
*No class on 12/23 or 12/30
Please email jerrysnee@msn.com for more info.
Join Zoom Meeting
https://zoom.us/j/91453647590
Password: jccyogamen
Meeting ID: 914 536 4759

Knitting Group
Knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. Enjoy friendly conversation while you work on your yarn projects. Beginners are always welcome. We’ll get you started!

Thursdays, 1:00-2:00PM
https://bit.ly/37OCzo0 or call in to 1-646-876-9923
Meeting ID: 320 489 3433

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, December 8th at 11:00am-12:00pm
https://mountsinai.zoom.us/j/94015250142
or call in to: 646-527-0226
Meeting ID: 940 1525 0142
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

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 Dec 16th at 1:30pm
Mount Sinai Morningside: Wednesday, Dec 8th 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?
Acompañanos todos los martes de 1-1:45 por Zoom *No meeting 12/21 or 12/28
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: 802-864-83528

SPOHNC GROUP
Support for People with Oral and Head and Neck Cancer (SPOHNC)
SPOHNC is a vital resource for head and neck cancer patients. We have had an enormous positive impact on meeting the psychosocial needs of patients as well as preserving, restoring, and promoting physical and emotional health. SPOHNC is a foundation for patient and family education and awareness.

Tuesday, December 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, Dec 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, LCSW for a monthly meeting for education, support, and information sharing. The group is open to leukemia, lymphoma and myeloma patients and survivors, their adult family members, partners and friends.
Thursday, Dec 9th 6:00-7:00 pm
RSVP to meghan.shafer@mountsinai.org or 212-636-3443 for the workshop Zoom information

Questions about Programming? Email Alison.snow@mountsinai.org
**The Cedar Club: Chinese-speaking Cancer Patients Support Group: Genetics & Cancer**

Join us for a workshop given by Yaping Ryan Qian, PhD, geneticist, Clinical Laboratory Director of Semar.

Let's learn about genetics and cancer. Let's learn about genetic testing and the importance of early detection.

**Tuesday, December 14, 2:00 PM - 3:00 PM**

To join via Zoom:
- Meeting ID: 742-587-5532
- Join via web browser: [https://mountsinai.zoom.us/j/9225875532](https://mountsinai.zoom.us/j/9225875532)
- Join via telephone: dial 1-646-876-9923.

Please contact: Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095

Want to know more information? Please contact Liza Lundgren, Genetics Specialist at liza.lundgren@mountsinai.org or 212-241-0741.

**December 2nd, 11:00-12:00pm**

For more information:
- liza.lundgren@mountsinai.org
- 347-580-0669
- [https://mountsinai.zoom.us/j/9727322865](https://mountsinai.zoom.us/j/9727322865)
- or call in to 1-646-876-9923
- Meeting ID: 97227322865

**Monday, Dec 13th 4:00-5:00PM**

Join Zoom Meeting
- [https://mountsinai.zoom.us/j/92212916996](https://mountsinai.zoom.us/j/92212916996)
- Meeting ID: 92212916996

One tap mobile +1 646 876 9923

**Dubin Zoom Yoga for Breast Cancer Patients**

Join The Dubin Breast Center of the Tisch Cancer Institute weekly yoga class led by Jana Hicks, CYI focused for patients with breast cancer.

**Tuesdays, 5:30-6:30pm**

RSVP for the Zoom information or for more information please contact Kelly Hogan, Clinical Nutrition & Wellness Manager at 212-241-0741.

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

**Dubin Zoom Meditation for Breast Cancer Patients**

Join The Dubin Breast Center of the Tisch Cancer Institute weekly meditation class led by Laura Teusink, focused for patients with breast cancer.

**Wednesdays, 6:00-6:45pm**

*No class Dec 1, 22 or 29

RSVP for the Zoom information or for more information please contact Kelly Hogan, Clinical Nutrition & Wellness Manager at 212-241-0741.

*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**

*No class Dec 16, 23 or 30

RSVP for the Zoom information or for more information please contact Kelly Hogan, Clinical Nutrition & Wellness Manager at 212-241-0741.

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

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

---

**Zentangles Online Beyond the Basics Class Online with the JCC**

Come create easy-to-learn patterns in beautiful rhythmic art form, suitable for artists at all levels. In no time, the simple steps allow tanglers to access a delicious pleasure and calm. Bring a cup of tea, unlined white paper, a fine-tipped black pen, pencil, and paper smudger (or cotton swab) for shading, and watch your creativity take off!

Please select Quick Checkout when registering. You will receive a confirmation letter for your registration that will include the zoom link for this program

*Free for those being tested or treated for cancer.

**Fridays, Dec 3, 10, 17, 24**

11:30am-12:30pm

---

**Designing Your Life + Facing Your Fears Online with the JCC**

Join Stephanie Smith, The Coach at Handel Group who will teach you to dream in more areas of your life than you ever let yourself imagine, give you the tools to manage your mind, and offer the secret sauce to happiness.

**Tuesday, December 8th**

6:00-8:00pm

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

---

**Woman to Woman: Community Virtual Holiday Party**

Share some virtual holiday cheer with fellow gynecologic cancer patients, survivors and staff! Woman to Woman will be giving attendees the gift of laughter through a hilarious live performance by professional comedian Ahri Findling. Ahri performs stand up in clubs, colleges and festivals all over the country. He has recently been featured on Bravo. For more information, please visit: www.theycallmeahri.com

**Monday, December 13th at 12:00 pm**

Meeting ID: 839 3248 3200
One tap mobile: +19292056099

---

**Woman to Woman: PARP Inhibitors, Recurrence & What's Next? With Dr. Lewin**

Join Dr. Sharyn Lewin is a board-certified Gynecologic Oncologist who specializes in the diagnosis, treatment, and management of gynecologic cancers. She serves as Medical Director of the New Jersey-based Holy Name Medical Center’s Gynecologic Oncology Division. Dr. Lewin is the Founder and Executive Director of The Lewin Fund to Fight Women’s Cancers, responsible for the organization’s operations, and for setting its strategic vision. The Lewin Fund’s mission to invest in grassroots initiatives and research that directly support women who are afflicted with cancer and their families.

**Thursday, December 11th**

11:30-12:30 pm

Join Zoom Meeting:
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in: 646-558-8656, Meeting id: 7571766991#

---

Questions about Woman to Woman? Email womantowoman@mountsinai.org
**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, feel empowered and learn ways to cope. We will be joined by guest speakers who are specialists in their fields.

**Thursdays, 11:00-1200 pm**

Join Zoom Meeting: https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656, Meeting iD- 7571766991#

---

**Woman to Woman: Now What? Long-Term Gynecologic Cancer Survivor Group**
This new monthly group is for long-term (2+) year survivors of gynec 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, December 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

**Tues, December 14th at 12:00-1:00pm**
Meeting ID: 827 5694 9116
Call in-929-205-6099, Meeting ID- 82756949116#

---

**Woman to Woman Immunotherapy 101 with Dr. Shao**
Mount Sinai medical oncologist, Dr. Theresa Shao will discuss what immunotherapy is, why it's used and how. Dr. Shao will address frequently asked questions about immunotherapy and it’s impact on gynecologic cancer patients.

**Thursday, December 9th 11:00-12:00pm**
Join Zoom Meeting: https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656, Meeting iD- 7571766991#

---

**Woman to Woman Covid & Cancer Series: Enhancing Resilience Part 2**
Woman to Woman community members are invited to participate in a three-part series of bi-monthly workshops over a six month period aimed at enhancing resilience emotionally, socially and physically through interactive exercises, informative lectures and guided self-reflection. The workshops are specifically tailored to the unique challenges cancer patients face during the current pandemic. Each session is standalone, but the recordings will be available in the video library for participants who can not attend live. The workshops will be led by Elicia Enriquez, LCSW, Center for Stress, Resilience and Personal Growth, The Icahn School of Medicine at Mount Sinai.

**Monday, December 6th at 12:00pm**
Join Zoom Meeting: https://bit.ly/3tsWnWy
Meeting ID: 889 4133 7937
One tap mobile +19292056099

---

**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’ve had a chance to finish the book or not (... just be mindful that you may encounter spoilers.

Dec book: Good Company by Cynthia D’Aprix Sweeney

**Tuesday, December 15th, 6:30-7:30pm**
Join Zoom Meeting: https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656, Meeting iD- 7571766991#

---

Questions about Woman to Woman? Email womantowoman@mountsinai.org
IN PERSON: Gentle Water Aerobics for Women Living with Cancer at the JCC
Join Teri Dupuy at a NEW TIME! 5 Tuesdays, Nov 2-30, 10-11am, gentle water exercise helps to create better posture, release stress, and prevent falls. Using movements similar to tai chi, this class gently lubricates joints, improves muscle coordination and tone, and helps with balance and neuropathy. Please register for class the training pool is limited to 8 participants. The class is free of charge to individuals impacted by cancer.

Tuesdays in December
10:00-11:00am
Please visit JCC website or contact Registration by email at boxoffice@mmjccm.org for additional information.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

Online with the JCC Sound Bowl Healing Workshop Online with the JCC
Join Alison Leipzig for this sound and vibration therapy class. Sound and vibration therapy is one of the most transformative ways to shift the body at the cellular level. Enjoy the gentle, soothing tones of singing bowls and experience how they open the flow of energy by touching every part of the physical, emotional, mental and spiritual bodies.

Wednesday, December 1st
6:45-7:45PM
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org

Upload your event photos

Ai Chi Renewal Program for Women Living with Cancer Online with the JCC
The class will include breathing, relaxation, gentle exercises, stretching & some strengthening plus virtual AiChi moves. Ai Chi: Japanese for love Ai; Chi Chinese for energy.

Thursdays at 9:45-10:45am
Join Zoom Meeting
https://zoom.us/j/96764984284
Meeting ID: 967 6498 4284
Password: jccaichi

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. At this time all classes are nevertheless open to all cancer.

Tuesdays at 4:00-5:00 PM
Zoom Meeting ID: 936 4666 0653
Zoom Password: jccniamove

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

Moving for Life Online with the JCC
Join Martha Eddy + Ana Leon Bella + Evelyn Nunlee for gentle dance-exercise for women living with cancer. Classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation. At this time all classes are nevertheless open to all cancer.

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
A light cardio workout that addresses fatigue and lymphedema, increases flexibility, and promotes weight management. All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of surgery, chemo and radiation.

Saturdays at 11:00-12:00pm
*No Class December 25th
Please contact Registration by email at boxoffice@mmjccm.org
Yoga 4 Cancer Online with the JCC
Join Leona Leung, Certified Yoga 4 Cancer Instructor for this class designed to help cancer patients and survivors manage side effects and cancer recovery through unique Oncology Yoga-based method. The class builds strength and mobility in safe ways that stimulate your immune system and build bone density while cultivating a sense of well-being.

Sundays, 3:00-4:15PM
Free for those being tested or treated for cancer. Join Zoom Meeting
https://zoom.us/j/97582850681
Meeting ID: 975 8285 0681
Password: jccyoga4me

Yoga For Cancer Care Online with the JCC
Join Whitney Chapman for gentle yoga stretches to bring balance and clam into your body. Stretch, expand and soften into yourselves to improve well-being, feel better and regain and maintain center. Gentle postures, relaxation and meditation will be incorporated in this class. No prior yoga experience needed.

Mondays, 6:15-7:30 PM
Join Zoom Meeting
https://zoom.us/j/97582850681
Meeting ID: 975 8285 0681
Password: jccrelax

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 on 12/23 or 12/30
https://zoom.us/j/99360073785
Meeting ID: 993 6007 3785
Password: jcchealing

Restorative Yoga + Live Harp Music Online with the JCC
Join Whitney Chapman, + Amy Camie to experience the sounds and vibrations of live healing harp music as you move your body in restorative yoga postures to calm your mind, relax your body, and gently open your heart to the love within.
Free for those being tested or treated for cancer.

Sunday, Dec 5th 6:00-7:15pm
Please contact Registration by email at boxoffice@mmjcc.org
Free for those being tested or treated for cancer.

Broadway’s Best for Breast Cancer: Embracing Going Flat Online with the JCC
Join Caroline Kohles, JCC Senior Director of Health & Wellness, and amazing Broadway entertainers for our virtual series celebrating life and fostering learning. Hear top health and wellness experts discuss how life is affected during and after cancer.

Monday, December 13th at 6:00-7:00 PM
Please contact Registration by email at boxoffice@mmjcc.org
Free for those being tested or treated for cancer.

Nia Dance Party Online with the JCC
Join Caroline Kohles and Special Guest Winalee Zeeb once a month to experience Nia, a beautiful blend of dance, martial arts, and yoga. Ignite your body, mind and spirit in this class. These second degree Nia black belts will gently guide you to find the joy in your body by moving in concert with your body.

Sunday, December 19th 12:00-1:00PM
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjcc.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.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/3celyZB

For any questions or more information contact info@thecreativecenter.org

Vegetable of the Month: Purple Sweet Potato

Why eat purple sweet potatoes? It's dark purple flesh is high in anthocyanins (8x higher than blueberries!), which acts as an antioxidant and can help reduce inflammation and boost the immune system. They contain gut friendly fiber which can help lower cholesterol. They can keep blood sugars balanced. The fiber naturally slows down sugar absorption into the bloodstream. How do I select, store and prepare it? Purple sweet potatoes may not be found at every grocery store, but they are in season in the Fall and Winter months. Look for them at specialty markets, and those that cater to Asian foods. Look for potatoes that are firm. Avoid any with soft spots of wrinkled skin. Keep them at room temperature for about a week. Cooked potato can be stored in an airtight container for a week or frozen for longer. Purple sweet potato skins are edible. Cooking time takes longer than regular sweet potato and may need to be baked from 90 min- 2 hours.

Recipe of the Month: Okinawa Mashed Sweet Potatoes

Ingredients: 
3 to 4 purple Okinawa sweet potatoes
1/3 cup coconut milk
4 cloves garlic, minced
1/3 teaspoon garlic, or to taste
Dash black pepper, or to taste

Instructions:
Peel the potatoes and boil in water for about 45 min, until soft. Drain the water and mash with coconut milk. Add more milk until the desired consistency is reached. Add garlic, sea salt, and a touch of black pepper to taste.

www.thespruceeats.com

Thank you

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

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

We would like to thank the following groups for their ongoing partnership:
The Creative Center
Karpas Health
LatinaSHARE
The Leukemia & Lymphoma Society
Malecare
Marlene Meyerson JCC
SPOHNC
Our Independent Contractors & Volunteers
Our Social Work, Nutrition & Spiritual Care Teams

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