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

Holiday Craft Party with the Creative Center
Join Cibele, one of our artists in residence from the Creative Center for a holiday craft party, invite your friends and family to join our zoom to make paper stars.

Wednesday, Dec. 16th
2:00-3:00 pm
RSVP to let us know you'll be there: Liza.Lundgren@mountsinai.org
https://bit.ly/370Czo0 or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Happy Holidays from the Cancer Support Services Team!
Whether you celebrate all of the holidays or none we are thinking about you! We are honored to have the pleasure to work with so many wonderful people and want to take the time to wish you happy holidays and a Happy New Year!

Woman to Woman Holiday Party!
Join W2W for a special hour of sharing memories and games. We are excited to celebrate the time we have spent together and the start of a new year! Please bring a picture of something that’s important to you to share with the group!

Thursday, Dec. 10th
11:00am-12:00pm
Meeting ID: 810 7121 3468
Call in 1 646-558-8656, Meeting ID- 810 7121 3468#

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
No Yoga on Dec. 25th
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
There will be no yoga on Dec. 24th or 30th
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

Meditation with Alice
Join Alice Fox on Monday, Tuesday and Friday for a thirty minute guided meditation.
Mondays, Tuesdays, and Fridays at 12:00pm
to find focus, peace, and calm and learn to let go of your anxiety and stress!
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Writing & Journaling Workshops
Join our Monday and Wednesday Journaling and Writing 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! Email Emily to get the Zoom link and password: erubin219@gmail.com

Mondays: Dec. 7, 14, 21
Wednesdays: Dec. 2, 9, 16, 23 at 3:00pm

Knitting Group
Check in with friends, work on your knitting or crocheting, discuss projects you are thinking about, show off what you are working on! Knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. It also results in tangible and often useful products that can enhance self-esteem.
Thursdays from 12:30-1:30PM
No Group On Dec. 24th
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
No group on December 28th
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

Questions about Programming? Email Alison.snow@mountsinai.org
Mandarin & Cantonese Support Group

Join Mi (Emma) Zhou, LCSW for a monthly support group in Mandarin and Cantonese. Come to join the group and share your experience with others who have similar experiences.

Wednesday, Dec. 23rd at 11:00am-12:00pm

Meeting ID: 320 489 3433

To join the group, email Mi Zhou at mi.zhou@mountsinai.org or call in to 1-646-876-9923

Brain Tumor Support Group

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.

Every Other Thursday
2:00-3:00pm

There will not be group on December 31

Please RSVP to Emily at 212-523-7541 or emily.szafara@mountsinai.org

Meeting ID: 320 489 3433

Caregiver Support Group

Feeling stressed or overwhelmed? Join us every other Thursday for our caregiver support group with Emily Szafara, SWI

Tuesday, Dec. 15th at 3:30-4:30pm

RSVP to Darren Arthur, LCSW to get the login info and Zoom link!

Questions about Programming? Email Alison.snow@mountsinai.org
Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org

**Woman to Woman: COVID and Cancer Workshop**
How to boost your immune system: integrative nutritionist Kim Ross, will share expert advice for cancer patients and caregivers about how to strengthen your immune system through diet, supplements, and lifestyle to help prevent viruses and infections and improve overall health.

**Thursday, Dec. 7, 12:00pm**
Meeting ID: 810 7121 3468
Call in- 1646-558-8656,
Meeting ID- 810 7121 3468#

**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.

**Every Thursday**
**11:00-12:00**
Meeting ID: 810 7121 3468
Call in- 1646-558-8656,
Meeting ID- 810 7121 3468#

**Woman to Woman We’re Too Young For This Event**
Life after a gynecologic cancer diagnosis in your 20s and 30s is hard. Join W2W for a free 45 minute Buti Yoga Class that incorporates movements that our bodies crave and that our body’s systems flourish from.

**Monday, Nov. 2nd**
**6:30-7:30 pm**
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in-646-558-8656 
Meeting ID- 757 176 6991#

**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.

**Wednesday, Dec. 9th**
**12:00-1:00pm**
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656
Meeting ID- 757 176 6991#

**Woman to Woman Living with Recurrent Gynecologic Cancer**
This group is for survivors of gynecologic cancer who have experienced a recurrence.

**Tuesday, Dec. 8th**
**12:00-1:00pm**
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656
Meeting ID- 757 176 6991#

**Woman to Woman**
The Clarity Foundation
The Clarity Foundation strives to improve the survival and quality of life of women with ovarian cancer. Join W2W to learn more about this organization and their available programming.

**Wednesday, Dec. 9th**
**12:00-1:00pm**
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656
Meeting ID- 757 176 6991#

**The Clarity Foundation**
Gain support, learn and share resources with those who have faced cancer a second time.

**Tuesday, Dec. 15th**
**6:30-7:30pm**
Meeting ID: 819 3220 6252
Call in- 646-558-8656
Meeting ID- 819 3220 6252#
**Woman to Woman**
Everything You wanted to know about Supportive Oncology & Palliative Care
Join Dr. Beth Popp who will discuss what palliative care and supportive oncology are, and how they can help support you during and after cancer treatment.

**Wednesday, Dec. 17th**
at 11:00am
Meeting ID: 810 7121 3468
Call in- 1646-558-8656,
Meeting ID- 810 7121 3468#

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**Yoga for Cancer Care**
Online with the JCC
Allow gentle yoga stretches to bring balance and calm 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 6:15pm-7:30pm**
To register and get the zoom link email or call:
boxoffice@mmjccmanhattan.org or 646.505.5708

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

**Wednesday, December 9 - Mount Sinai Morningside at 2:30**

**Thursday, Dec. 10 - Mount Sinai-Downtown at 2:30**

To register call 844.275.7427, Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

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**Yoga 4 Cancer**
Online with the JCC
Build strength and flexibility in safe ways that stimulate your immune system and build bone density while detoxing the body and cultivating a sense of well-being.

**Sundays at 3:00-4:15pm**
No class on Dec. 20th or 27th

https://zoom.us/j/96204552859
Meeting ID: 962 0455 2859
Password: jccyoga4me

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**Ai Chi Renewal Program for Women**
Living with Cancer 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. 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.

**Thursdays at 10:00-11:00am**
No class Dec. 24th or 31st

Please contact Registration by email at boxoffice@mmjccm.org

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Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org
Restorative Yoga (Prop Free) Online with the JCC
Relaxing and regenerative in nature, restorative yoga supports the body’s return to homeostasis (centeredness) and creates feelings of relaxation and release. This prop free version will bring the body into a state of deep relaxation and release by using breath, utilize subtle flowing movements and surrendering control
Sunday, Dec. 18th 1:00-2:15pm
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

Self-Healing Through The Chakras (Women Only) with the JCC
Maintaining and managing our energy is a basic necessity of life and at the heart of many ancient healing systems, such as yoga and meditation. Discover how to locate, access, and optimize the seven chakras - the energy centers along the spine.
Wednesday, Dec 16th 7:00-8:15pm
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

Sound Bowl Healing Online with the JCC
Sound and vibration are 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, Dec. 2nd 6:45-8:00pm
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

Remedies for Post-Treatment Instability Online with the JCC
Cancer treatment can cause conditions like peripheral neuropathy, joint pain, alignment, and vestibular problems, all of which contribute to instability. Learn simple exercises that you can do at home or in exercise classes to awaken and calm the nerves, improve your posture and leg alignment, gently increase your reflexive responses to wobbling.
Thursdays Dec. 10th 5:00-6:30pm
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

Own Your Health with Chef AJ: Lunch Online with the JCC
Join Chef AJ who will present culinary demonstrations with recipes from her new book, Own Your Health. Discover quick tips to fortify your health and make meals full of flavor.
Sunday, Dec. 13th 5:00-6:30pm
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

Ready, Set, Go: Plant Based Meals for the Week Online with the JCC
Join Chef Carol Levy who will give a trove of tips and tools to make your health your top priority. You’ll receive a grocery list, participate in a meal prep session to stock ready to go dishes and snacks, and dive into principles of successful kitchen set up. Get real time needs and questions answered in this supportive group setting.
Sunday, Dec. 6th 5:00-6:30pm
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
National Handwashing Awareness Week

December 6-12

Did you know there was a national handwashing awareness week? Well there is, and this year more than ever, we want to make sure we are washing our hands really well to stay safe and healthy! Make sure every time you wash your hands you are doing it for long enough. Sing or hum "Happy Birthday" twice and make sure you are getting the back of your hands and in between your fingers! Maybe this year for handwashing awareness week treat yourself to some good smelling hand soap!

Vegetable of the Month: Delicata Squash

Delicata squash is a member of the winter squash family; when cooked, it has a sweet, rich, moist taste, similar to sweet potato. It is high in vitamin A, vitamin C and a great source of potassium and fiber. 1 cup (cooked and cubed) of delicata squash contains approximately 75 calories. Easy to prepare and can eat the skin when cooked!

Maple Roasted Delicata Squash

Ingredients:
- 2 lbs delicata squash (about 2 large)
- 2 Tbsp olive oil
- 1 Tbsp maple syrup
- ¼ tsp salt
- Pepper to taste

Directions:
- Preheat oven to 425 °F.
- Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into ¼ inch thick wedges. Toss with olive oil, maple syrup, salt and pepper. Spread in an even layer on a baking sheet. Roast, stirring once or twice until tender and beginning to brown, about 30 minutes.

<source: www.eatingwell.com>

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

Crafting with the Creative Center

The Creative Center is presenting Art Workshops via Zoom. Please email info@thecreativecenter.org for the workshop flyer which includes description, instructor bio, supplies you’ll need to gather and the Zoom link! Individual sessions with our Artist in Residence are also available in Spanish and English. Email: info@thecreativecenter.org for more information about individual and group art projects.

Follow our Instagram for our most update information on programming, resources, and important information from our cancer supportive services team.

@MSHScancersupportiveservices

Questions about Programming? Email Alison.snow@mountsinai.org
**SUPPORT & WELLNESS PROGRAMS: DECEMBER 2020**

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<tr>
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