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.
**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

**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 group Aug 20th*

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: jccyogamen  
Meeting ID: 914 5364 7590

**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.  
**12:00-12:30PM**
*Please note no class on 8/2*

https://bit.ly/37OCzo0  
or call in to 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**  
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

**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**  
*No Class August 5 or 12*

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, August 11th**

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 Aug 26th**

Mount Sinai Morningside:

**Wednesdays: Aug 11th at 2:30-4:00pm**

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.

**Wednesday, August 4th**

at 1:00-2:00pm

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

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.

**Monday, August 2nd at 6pm**

To get the zoom link and RSVP email info@malecare.org

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, Aug 5th and 19th 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, August 12th**

6:00-7:00 pm

RSVP to meghan.shafer@mountsinai.org or 212-636-3443 for the workshop

Questions about Programming? Email Alison.snow@mountsinai.org
**Woman to Woman COVID & Cancer: Hand Yoga**

Jamber Hand Yoga teaches participants to stretch and strengthen their fingers, and wrists. Deep breathing is combined with fun hand exercises in this online class that will leave hands feeling stronger, and happier.

**Monday, August 2nd 12:00-1:00 PM**

Meeting ID: 873 3381 7842
One tap mobile +1929205609

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

This new 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, August 16th 12:00-1:00pm**

Meeting ID: 825 1724 0941
One tap mobile +1929205609

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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.

**August 10th at 12:00-1:00pm**

Meeting ID: 827 5694 9116#
Call in-929-205-6099,
Meeting ID-82756949116#

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**Woman to Woman Hair and Skin**

Join Lizzy Cronin & Rhonda Svedeman for this presentation providing information on what happens to the face and scalp while undergoing treatment. Toxin-free products will be reviewed.

**Thursday, August 5th 11:00-12:00pm**

Meeting ID: 841 7354 5693
Call in-929-205-6099, Meeting ID- 84173545693#

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**Woman to Woman Covid & Cancer Series: Social Media Explained**

Learn and connect to social media resources. This session will provide an overview of commonly used online platforms including Facebook, Twitter, Instagram, TikTok, Zoom and more. Come ready with questions!

**Tuesday, August 17th 3:00pm**

Join Zoom Meeting
[https://bit.ly/3i4YP0q](https://bit.ly/3i4YP0q)
Meeting ID: 819 6606 6686
One tap mobile +19292056099

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**Woman to Woman Summer Fun**

Please join our Woman to Woman community for some lighthearted summer fun. For the July session, we will use our group detective skills and try to beat the clock in a virtual escape room!

**Wednesday, August 18th at 3:00pm**

Meeting ID: 892 4489 9640
One tap mobile +19292056099

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Questions about Woman to Woman? Email womantowoman@mountsinai.org
Reduce Fear And Anxiety with Group Hypnosis
Join us in a group hypnosis session led by Lisa Ludovici, a certified medical support hypnosis practitioner, and start creating more joy in your life. Please use earphones/earbuds. Participants will receive an audio recording of the session for continued home use.

**Tuesday, August 10th**
6:30-8:30PM

Please contact registration by email at boxoffice@mmjccm.org

Ai Chi Renewal Program for Women Living with Cancer
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: jccaichi

A Walk with Cancer Healing Music + Conscious Self-Care
Join Amy Camie, certified musician, breast cancer thriver, shares life lessons, healing harp meditations, and inspiring insights. Take a walk with Amy.

**Sunday, August 22nd**
6:00-7:15 PM

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

Nia Movement to Heal for Women Living with Cancer
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. 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

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

**Wednesdays at 12:00-1:00pm**
Please contact Registration by email at boxoffice@mmjccm.org

Moving for Life: Gentle Cardio Workout -
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**
Please contact Registration by email at boxoffice@mmjccm.org

Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org
**Yoga4Cancer Online with the JCC**

Yoga4Cancer is designed to help cancer patients and survivors manage side effects and cancer recovery through a unique Oncology Yoga-based method. Tailored to address bone loss, lymphedema, scar tissue, constipation, neuropathy, fatigue and anxiety, Yoga4Cancer builds strength and mobility while cultivating a sense of well-being.

*Sundays, 3:00-4:15PM*

*No meeting July 4th*

Please contact Registration by email at boxoffice@mmjccm.org

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**Yoga for Cancer Care Online with the JCC**

Join Whitney Chapman for gentle yoga stretches to bring balance and calm into your body. Stretch, expand and soften into yourselves to improve well-being. Gentle postures, relaxation, and meditation will be incorporated in this class. No prior experience needed.

**Mondays, 6:15PM-7:30PM**

*no class on July 5th*

https://zoom.us/j/97582850681

Meeting ID: 975 8285 0681

Password: jccrelax

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**Healing Yoga For Women 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

Password: jcchealing

Meeting ID: 993 6007 3785

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**Sound Bowl Healing Online with the JCC**

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, August 18th**

**at 6:45-8:00pm**

Please contact Registration by email at boxoffice@mmjccm.org

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**Advanced Pelvic Floor Workshop: Women Only Online with the JCC**

Join Randi Stone, Pelvic Floor Specialist for this class specifically for those who have taken the first pelvic floor workshop. Reinforce what you have already learned and delve deeper.

**Wednesday August 4th**

**11:00-12:30PM**

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

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**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

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Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Questions about Programming? Email alison.snow@mountsinai.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

Recipe of the Month:
Grilled Eggplant w/ Tomatoes, Basil and Feta
1 large eggplant, trimmed, cut lengthwise into 1-inch-thick slices
Coarse salt
1 tbsp olive oil, plus more for brushing
2 cups cherry tomatoes (about 10 ounces), halved
½ cup pine nuts, toasted
1 oz feta cheese, crumbled (about ¼ cup)
Pinch of red-pepper flakes
¼ cup packed fresh basil leaves, torn if large
Directions:
1. Generously season eggplant slices with salt. Place vertically in a colander, overlapping them. Let stand for 30 minutes; rinse and pat dry.
2. Preheat the grill to medium-high. Liberally brush cut sides of eggplant with oil. Grill, turning once, until tender, about 4 minutes a side. Mix tomatoes, pine nuts, feta, red-pepper flakes, and oil; season with salt. Spoon over eggplant; top with basil.
[marthastewart.com]

Vegetable of the Month: EGGPLANT
Eggplants are rich in a variety of vitamins, minerals and antioxidants. Eggplant contains anthocyanin, which protects cell membranes from damage. Antioxidants such as chlorogenic acid, attribute to anti cancer, antimicrobial, antiviral activities as well as helps to reduce cholesterol.

How do I select, store and prepare it?
Choose eggplants that are firm and heavy for their size. Skin should be smooth and vivid in color.

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 funders:
The Marisa Acocella Foundation through a grant from Bloomingdales, Lower Manhattan Cultural Council, Poets & Writers, and NYCT

Survivors Day 2021 Celebrate!

Please note that the recording of Survivors Day 2021 is now available on the mount Sinai website:
https://www.mountsinai.org/care/cancer/about/support under related links at the bottom right of the page you will see a link for National Cancer Survivors Day 2021

Thank you to the Cindy Turkletaub Support Fund and everyone who participated in making our first virtual event a success!
## SUPPORT & WELLNESS PROGRAMS: AUGUST 2021

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<td>8:30-9:30 Sephora Classes for Confidence Brave Beauty 12:00-12:30 Meditation 1:00-1:45 Grupo de Espiritualidad para Latinas 2:00-3:00 The Cedar Club: Stroke Prevention in Cancer Patients w/ Dr. Chan 3:00-4:00 Woman to Woman: Covid &amp; Cancer Series: Social Media Explained 4:00-5:00 Nia Movement to Heal for Women Living with Cancer (JCC) 11:00-12:00 Recently Diagnosed Cancer Group 12:00-1:00 Moving for Life (JCC) 2:30-4:00 LatinaSHARE Morningside 3:00-4:00 Woman to Woman Summer Fun 6:45-8:00 Sound Bowl Healing (JCC)</td>
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For Further Information Please see our August 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