Happy New Year from the Cancer Supportive Services team! January is Cervical Cancer Awareness Month. We have robust Gynecologic Support Programming through our Woman to Woman Program. The Woman to Woman program offers: Peer-to-peer mentoring and emotional support, support groups and virtual programs. A pap smear is a preventative screening test for cervical cancer. The Gardasil vaccine protects against HPV, the main cause of cervical cancer. When caught early, there is an 80% chance of beating the cancer. That is why it is so important to keep up with your annual exams.

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.

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

COVID & Cancer: New Year's Resolution Wellness Challenge - Special Series
This special 4 week series is designed to help cancer patients meet their New Year’s resolution wellness goals despite the added challenge of the pandemic. Each group member will set their own personal 2022 goals and with wellness coach Leslie Thompson, create a step-by-step plan to succeed. All participants will receive individualized support and education at each of the weekly sessions to help figure out how to best achieve their resolutions. Participants are strongly encouraged to attend every session.

Jan 10, 17, 24, 31 12pm
*Jan 17 will be at 10am
Join Zoom Meeting:
https://bit.ly/3FIfcFo
Meeting ID: 886 4751 8193
One tap mobile +19292056099

2022 Lunar New Year
Celebration: Year of the Tiger
Friday, January 21, 4:00 PM – 5:00
Join us for a virtual/telephone Lunar New Year celebration!
The year of the tiger! Let’s celebrate this special year with music! The link to join the celebration:
https://bit.ly/3FIFcFo
Meeting ID: 742-587-5532
One tap mobile +19292056099

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
*Nó Meeting on 1/25
Para más información puedes contactara:
Silvia Mejia 646-527-0226 o Silvia.mejia@mountsinai.org
https://bit.ly/3sY1iy4
or call in to 1-646-876-9923
Meeting ID: 802-864-3528
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 Jerry
Looking to find a little peace of mind and stretch your body?
Join Jerry Snee 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/730613875
Meeting ID: 730 613 875
Passcode: yfpwc

Yoga For Men Who are Cancer Survivors with Jerry
Join Jerry Snee, CYI for virtual community and Yoga practice

Thursdays 3:00-4:30pm
Please email jerrysnee@msn.com for more info.
Join Zoom Meeting
https://zoom.us/j/91453647590
Password: jccyogamen
Meeting ID: 914 5364 7590

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

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 share what we have written!

Monday: Jan 10 & 24
Wednesdays: Jan 5, 12, 19, 26
Email Emily write.treat@gmail.com to get the Zoom link and password

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, Jan 12th**
*at 11:00am-12:00pm*
[https://mountsinai.zoom.us/j/94015250142](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 Jan 16th at 1:30pm*
**Mount Sinai Morningside:**
*Wednesday, Jan 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

The Cedar Club: Chinese-speaking Cancer Patients Support Group
Lunar New Year is coming! Join us for a reflection of the past year.

If interested in joining please contact Jennie Santiago 917 815-1760
Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

SPOHNC GROUP
Support for People with Oral, 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, January 18th**
*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, Jan 6th & 20th 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, Jan 13th**
*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
**Caregiver Support**

Caregivers of cancer patients please join us for a support group to help you manage the stress and anxiety. We will share tips and suggestions. The sessions will be facilitated by Jaclyn Zingman, SWI & Nicole Ross, SWI

**Thursday, January 6 & 20**  
4:00-5:00PM

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

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

**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.

Jan. 6th 11:00-12:00pm  
For more information:  
liza.lundgren@mountsinai.org/  
347-580-0669  
https://mountsinai.zoom.us/j/97227322865  
or call in to 1-646-876-9923  
Meeting ID: 972 2732 2865

**Radiation Oncology Support Workshop**

Are you undergoing radiation treatment and are you interested in connecting with others who are also going through the same treatment? The group will be meet the 2nd and 4th Monday of every month

**Monday, Jan 10th & 24th**  
4:00-5:00PM

Join Zoom Meeting  
https://mountsinai.zoom.us/j/92212916996  
Meeting ID: 922 1291 6996  
One tap mobile+16468769923

**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**

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**

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 Cancer 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 Support 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

---

**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

---

**Beginner Pelvic Floor Workshop Online with the JCC (Women Only)**

Join Randi Stone, Pelvic Floor Specialist for an intimate conversation on a private matter in a safe, encouraging environment. Learn simple exercises to strengthen your pelvic floor that include variations of Kegels and reverse Kegels, as well as other complementary exercises. Wear loose-fitting clothing.

**Wednesday, January 26th 11:00-12:30pm**

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

---

**Woman to Woman: Why Have a Pelvic Ultrasound? With Dr. Schonholz**

Dr. Schonholz is a board certified radiologist specializing in diagnostic and screening ultrasound. Her focus is diagnosing cancers in their earliest stages specializing in abdominal and pelvic ultrasound screenings for asymptomatic men and women. Dr. Schonholz will discuss her work and the process of screening women with gynecologic cancer.

**Thursday, Jan 13th at 12:00 pm**

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

---

**SID EFFECTS**

**Woman to Woman: Ask the Doc- Everything You Wanted to Know About Treatment Side Effects with Dr. Berger**

Dr. Natalie Berger is a breast and GYN medical oncologist at Mount Sinai West and Chelsea. She completed her fellowship in hematology and medical oncology at Icahn School of Medicine at Mount Sinai and joined the faculty upon completion of her fellowship. Dr. Natalie Berger will lead a question-and-answer session around common treatment side effects. If you have questions or want to learn more about short term or long-term treatment side effects join us for this opportunity.

**Thursday, January 27th 11:00am**

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: 7571766991
Call in- 646-558-8656, Meeting I D- 7571766991#

**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, January 17th 12:00-1:00pm**
Join Zoom Meeting
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, January 11th at 12:00-1:00pm**
Join Zoom Meeting
https://bit.ly/3xFHlmP
Meeting ID: 865 7625 2999
Call in-646-558-8656

**Woman to Woman Let’s Talk BRCA**
Having the BRCA mutation comes with some tough choices. Choices that many, unless in a similar circumstance don’t understand. We do. The purpose of this group is to talk about the impact the BRCA mutation has on your physical and emotional health and how you manage it. This group will be co-led by an oncology social worker and a Woman to Woman survivor volunteer who has the BRCA mutation.

**Wednesday, January 12th 11am -12pm**
Join Zoom Meeting
https://bit.ly/2ZUuQ2c
Meeting ID: 7571766991
Call in-646-558-8656, Meeting ID-7571766991#

**Woman to Woman Caregiver Support Group**
We will be piloting three consecutive monthly caregiver support groups in January, February and March. This group will be co-facilitated by the partner of a gynecologic cancer survivor and is geared for anyone, current or past, who has been impacted by a family member or friend’s cancer diagnosis even if you weren’t the primary caregiver. Please consider attending if you are the partner, parent, child, sibling, friend or relative of a cancer patient. Anyone is welcome as cancer impacts not just the patient, but everyone around them as well. If you are a cancer patient/survivor, please invite any people in your life to join this group and find a safe space to process the huge range of emotions experienced when dealing with a loved one’s cancer journey.

**Thursday, January 27th at 11:00am**
Join Zoom Meeting: https://bit.ly/3cGXls1
Meeting ID: 817 1095 2542 / call in-929-205-6099,

**Woman to Woman Book Club**
Join Woman to Woman to discuss a monthly book club pick from a range of genres and styles. Each month the book will be chosen by a book club member. All are welcome, whether you’ve had a chance to finish the book or not! (Just be mindful that you may encounter some spoilers ... ). January Book: Stranger in the Lifeboat by Mitch Albom. If you are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org

**Tuesday, January 25th. 7:30-8:30pm**
Join Zoom Meeting
https://us02web.zoom.us/j/7571766991
Meeting ID: 757 176 6991
One tap mobile+16465588656,7571766991#
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: jccrelax

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

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: jccaiichi

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

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 survivors.

**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**

Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Yoga 4 Cancer
Online with the JCC

Join Leorna 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/96204552859
Meeting ID: 962 0455 2859
Password: jccyoga4me

Vegetable of the Month:
Spaghetti Squash

1 cup of spaghetti squash (cooked) contains around only 42 calories
Great source of Vitamin A, Vitamin C and Potassium
If you are watching your weight Spaghetti Squash has a similar amount of fiber when compared to regular spaghetti, but it is much lower in calories, therefore you can eat more spaghetti squash to feel full without hundreds of calories and carbohydrates that traditional pasta has; if you are not watching your weight, adding in spaghetti squash to your pasta dish or replacing it increases the servings of vegetables in your diet.

Selecting & Storing
Select a squash that feels heavy and firm, it’s okay if it has a few marks on the outside but avoid ones that have soft spots
-Store on the counter for 1-2 weeks after purchasing

Recipe of the Month:
How to Prepare Spaghetti Squash

-Preheat the oven to 400 F and start prep. Slice the squash in half: Cut the spaghetti squash lengthwise from stem to tail. Spaghetti squash are hard, so be cautious.
-Scoop out the seeds: Use a spoon to scrape out the seeds and stringy bits. The inside should look clean and smooth. Discard the seeds.
-Place the squash in a roasting pan: Place the squash halves cut-side down.
-Optional: Pour a little water in the pan, enough to cover the bottom. Your squash will roast just fine without it, but the water helps the squash steam/be tender.
-Cook: Transfer the squash to the oven and cook for 30 to 45 minutes. Smaller squash will cook more quickly than larger squash. The squash is ready when you can easily pierce a fork through the flesh all the way to the peel.
-Scrape out the squash: Use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. The strands wrap around the squash horizontally — rake your fork in the same direction as the strands to make the longest “noodles.”

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

How to Zoom
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.