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
No Group on Jan. 18th
Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.
Meeting ID: 320 489 3433 Passcode: 506560

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 Group on Jan 1st
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
Password: jccyogamen

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.
https://zoom.us/j/91453647590
Meeting ID: 914 5364 7590
Password: jccyogamen

Journaling Workshops
Join our Journaling Workshop 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!
Wednesdays at 3:00pm
Email Emily to get the Zoom link and password: erubin219@gmail.com

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

Meditation with Alice
Join Alice Fox on Monday, Tuesday and Friday for a thirty minute guided meditation.
Mondays, Tuesdays, and Fridays at 12:00pm
No group on Jan 1st and 18th 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

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.
https://zoom.us/j/91453647590
Meeting ID: 914 5364 7590
Password: jccyogamen

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

Meditation with Alice
Join Alice Fox on Monday, Tuesday and Friday for a thirty minute guided meditation.
Mondays, Tuesdays, and Fridays at 12:00pm
No group on Jan 1st and 18th 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

Questions about Programming? Email Alison.snow@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.
**Wednesday, Jan. 13th & 27th**
Mount Sinai Morningside at 2:30

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.
**Monday Jan. 11th and 28th at 1:00-2:00pm**
For more information or to RSVP contact:
Emily or Eric
Emily.Szafara@mountsinai.org or 212-523-7541 and Eric.white@mountsinai.org or 212-844-6072
https://bit.ly/37OCzo0 or call in to 1-646-876-9923
Meeting ID: 320 489 3433

---

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. 7th and 21st at 4:00pm**
To join the group email: Kat Safavi, LCSW Kat.safavi@mountsinai.org

---

Caregiver Support Group
Feeling stressed or overwhelmed? Join us every other Thursday for our caregiver support group with Emily Szafara, SWI
**Thursday Jan. 14th & 28th 2:00-3:00pm**
Please RSVP to Emily at 212-523-7541 or emily.szafara@mountsinai.org 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

---

We're Here to Support You
Our support groups are the perfect place to talk with other people affected by blood cancers, including patients, family members, and caregivers.

---

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, Jan. 14th 6:00-7:00 pm**
RSVP to meghan.shafer@mountsinai.org or 212-636-3443 for the workshop Zoom information

---

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! This month we will be joined by Brittany Craig who will be discussing:
"Nutrition Talk - During Treatment and Beyond"
**Tuesday Jan. 19th at 3:30-4:30pm**
RSVP to Darren Arthur, LCSW to get the login info and Zoom link!
Woman to Woman: COVID and Cancer Workshop - All About Zoom
Join Zoom Expert Jamie Connors, who will lead an interactive Zoom tutorial to help patients and caregivers learn all the features offered through Zoom to help stay connected and feel supported through the pandemic!
Thursday, Jan. 11th, 1:00-2:00pm
Meeting ID: 832 6721 0804
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.
Thursday, Jan. 21st
7:00-8:00pm
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in: 646-558-8656
Meeting ID: 757 176 6991#

Woman to Woman Know Your Pelvic Floor with Dr. Denise Jagroo
Join Dr. Jagroo to learn what is the pelvic floor, where is it, how does it function and why is it important to keep a strong pelvic floor. You will learn how to properly engage your pelvic floor muscles and do some fund exercises.
Monday, Jan. 7th
11:00-12:00pm
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.
This month's book:
This Time Next Year by Sophie Cousens
Tuesday, Jan. 26th
6:30-7:30pm
Meeting ID: 819 3220 6252
Call in: 646-558-8656
Meeting ID: 819 3220 6252#

Woman to Woman Living with Recurrent Gynecologic Cancer
This group is for survivors of gynecologic cancer who have experienced a recurrence.
Tuesday, Jan. 12th
12:00-1:00pm
Gain support, learn and share resources with those who have faced cancer a second time.
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in: 646-558-8656
Meeting ID: 757 176 6991#

Questions about Woman to Woman Programming? Email womantowoman.mountsinai.org
**Woman to Woman: Neuropathy: Reducing Tingling and Numbness with Movement and Self-Care**  
*Dr. Marthy Eddy*

Join Dr. Martha Eddy for a lecture and interactive discussion to address cancer treatment related tingling, burning, and numbness.  
**Thursday, Jan. 14th at 11:15am-12:15pm**  
Meeting ID: 810 7121 3468  
Call in: 1646-558-8656,  
Meeting ID: 810 7121 3468#

**Woman to Woman: COVID & Cancer Series**  
**Understanding Your Government Benefits**  
Certified REAP counselor Suzy Geffrard, LMSW, shares her expertise regarding NYC and federal benefits and entitlements for cancer patients during the time of COVID  
**Monday, Jan. 25th at 2:00-3:00pm**  
Meeting ID: 832 4859 4771  
Call in: 929-205-6099  
Meeting ID: 832-4859 4771#

**Woman to Woman: Supporting Families Through Cancer - Bringing Kids Into The Conversation**  
Stefani Tower is a patient and family centered care specialist at Mount Sinai Children’s hospital. Join her to discuss how cancer affects the whole family, and will provide guidance around how to have conversations with children regarding diagnosis and treatment.  
**Wednesday, Jan. 13th at 11:00am-12:00pm**  
https://bit.ly/2ZUuQ2c  
Meeting ID: 757 176 6991  
Call in: 646-558-8656  
Meeting ID: 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: jcchealing

**Breast Cancer Surgery and Chemo and Beyond**  
With Whitney Chapman, RYT  
Join Whitney Chapman, RYT for this discussion on developing self-care skills and techniques. Self care is a way to support ourselves to improve our health, mood, resilience and inspiration. Start the new year off with new tips to start off on the right foot.  
**Sunday, Jan. 10th at 1:00-2:30pm**  
Please contact Registration by email at boxoffice@mmjccmanhattan.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Online Nia Dance Party with the JCC
Experience Nia- a blend of dance, martial arts, and yoga. Ignite your body, mind and spirit in this special class via Zoom with Winalee Zeeb and Caroline Kohles. They will guide you to find the joy in your body by moving in concert with your body.

Sunday, Jan. 31st
12:00-1:00pm
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

World Cancer Day Mindfulness Workshop
Join, Emily, SWI to learn key principles and benefits of mindfulness, engage in a brief guided practice, and leave with strategies for incorporating mindfulness into your daily life in observance of World Cancer Day.
Thursday, Feb. 4th
1:00-2:00pm
RSVP to Emily to let us know you’ll be there.
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Fruit/Vegetable of the Month: Persimmons
Raw persimmons contain almost 4g of fiber, which is great for heart health and digestion. High in Vitamin A, Vitamin C and Manganese, a mineral helpful for brain, nervous, and enzyme function. How should you choose, store and prepare persimmons? Choose fruits that are firm and heavy. Persimmons should be kept in the crisper drawer of the fridge. Varieties like Fuyus are best eaten raw, while others like Hachiyas are great for baking.

Persimmon & Escarole Salad
Ingredients:
Fuyu persimmons, cored & thinly sliced
Escarole, torn into small pieces
Champagne vinegar
Extra virgin olive oil
Freshly group pepper
Chopped pistachios
Dress the persimmons and escarole with vinegar and oil. Season with peppers. Sprinkle with pistachios and enjoy!
<source: www.marthastewart.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

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: JANUARY 2021

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:30am Meditation Mon-Friday (JCC)</td>
<td>11:00-12:00 Moving for Life (JCC) Saturdays 3:00-4:15 Yoga for Cancer (JCC) Sundays</td>
<td>1:00-2:30 Self Care 101: Small Steps for A New Year Online with the JCC Sunday, Jan 10th</td>
<td>12:00-1:00 Online Nia Dance Party with the JCC Sunday Jan, 31st</td>
<td>1</td>
</tr>
<tr>
<td><strong>4</strong> 12:00-12:30 Meditation</td>
<td>5 12:00-12:30 Meditation 4:00-5:00 Nia Movement to Heal for Women Living with Cancer (JCC)</td>
<td>6 12:00-1:00 Moving for Life (JCC) 12:00-1:00 Woman to Woman: 3:00-5:00 Journaling Workshop</td>
<td>7 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 12:30-1:30 Knitting 3:00-4:30 Yoga for Men (JCC) 4:00-5:00 Brain Tumor Support Group 6:00-7:00 Woman to Woman: We’re Too Young for This Buti Yoga Class 6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td>8 12:00-12:30 Meditation</td>
</tr>
<tr>
<td><strong>11</strong> 12:00-12:30 Meditation 1:00-2:00 Vocal Ensemble 1:00-2:00 Radiation Support Group 1:00-2:00 Woman to Woman: COVID &amp; Cancer Workshop: All About Zoom 3:00-5:00 Writing Workshop 6:15-7:30 Yoga 4 Cancer Care (JCC)</td>
<td>12 12:00-12:30 Meditation 12:00-1:00 Woman to Woman: Living with Recurrent Gynecologic Cancer Group 4:00-5:00 Nia Movement to Heal for Women Living with Cancer (JCC)</td>
<td>13 11:00-12:00 Woman to Woman: Supporting Families Through Cancer Bringing Kids Into the Conversation 12:00-1:00 Moving for Life (JCC) 2:30-4:00 LatinaSHARE 3:00-5:00 Journaling Workshop</td>
<td>14 10:00-11:00 Ai Chi Renewal Program for Women Living with Cancer (JCC) 11:15-12:15 Woman to Woman Gyn-Onc Support Group: Neuropathy Workshop w/ Dr. Martha Eddy 12:30-1:30 Knitting 2:00-3:00 Caregiver Support Group 3:00-4:30 Yoga for Men (JCC) 6:00-7:00 Surviving Survivorship: Managing Life During &amp; After a Blood Cancer Diagnosis 6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td>15 12:00-12:30 Meditation</td>
</tr>
<tr>
<td><strong>18</strong> 12:00-12:30 Meditation 1:30-3:00 Brave Beauty in the Face of Cancer with Sephora 3:30-4:30 SPOHNC Group “Nutrition Talk- During Treatment &amp; Beyond” 7:00-8:15 Design Your Life Design Your Year Online with the JCC</td>
<td>19 3:00-5:00 Journaling Workshop</td>
<td>20 3:00-5:00 Journaling Workshop</td>
<td>21 11:00-12:00 Woman to Woman Gyn-Onc Support 11:00-12:00 Celebrating the Lunar New Year Safely During COVID 19 with Dr. Aye Mandal &amp; Cantonese 12:30-1:30 Knitting 2:30-4:00 LatinaSHARE 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) 7:00-8:00 Woman to Woman: We’re Too Young For This Event Buti Yoga Class</td>
<td>22 12:00-12:30 Meditation</td>
</tr>
<tr>
<td><strong>25</strong> 12:00-12:30 Meditation 1:00-2:00 Radiation Support Group 1:00-2:00 Vocal Ensemble 2:00-3:00 Woman to Woman: COVID &amp; Cancer Series Understanding Your Government Benefits 6:00-7:00 Broadway’s Best for Breast Cancer: Online with the (JCC) 6:15-7:30 Yoga 4 Cancer Care (JCC)</td>
<td>26 12:00-12:30 Meditation 12:00-2:00 Song Writing Workshop with Michael Inge 6:30-7:30 Woman to Woman Book Club: This Time Next Year by Sophie Cousens</td>
<td>27 2:30-4:00 LatinaSHARE 3:00-5:00 Journaling Workshop</td>
<td>28 11:00-12:00 Woman to Woman Gyn-Onc Support Group 12:30-1:30 Knitting 2:00-3:00 Caregiver Support Group 3:00-4:30 Yoga for Men (JCC) 6:30-7:30 Woman to Woman Book Club: This Time Next Year 6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td>29 12:00-12:30 Meditation</td>
</tr>
</tbody>
</table>

**For Further Information Please see our January 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