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’ve gone virtual but 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.

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.
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?
Acompañanos todos los martes de 1-1:45 por Zoom.
Para más información puedes contactar:
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

Lunar New Year Celebration!
Tuesday, February 9, 2:00 PM – 3:30 PM
星期二，2月9日，下午2点至3点半
Join us for a virtual/telephone Lunar New Year celebration!
和我们一起通過視頻或者電話慶祝新年!
Let us sing Lunar New Year songs together! 讓我們一起來唱新年歌曲!
To join via computer: https://bit.ly/37OCzoO
To join via telephone: dial 1-646-876-9923.
Meeting ID: 320-489-3433
通過電話加入會議；請先撥打1-646-876-9923，然後輸入會議號碼
郵箱 mi.zhou@mountsinai.org 或者電話 212-604-6095

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

Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.

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.
**Mt. Sinai Morningside**
Feb. 10th at 2:30 pm
**Mt. Sinai Downtown**
Feb. 18th at 2:30 pm

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 Feb. 8th and 22nd 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.
**Thursday, Feb. 4th and 18th 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, Feb 11th & 25th at 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

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, Feb. 11th at 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

We're Here to Support You
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!
**Tuesday Feb., 16th at 3:30-4:30pm**
RSVP to Darren Arthur, LCSW to get the login info and Zoom link!
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.

February 1st at 6pm
To get the zoom link and RSVP email info@malecare.org

Malecare All Things Prostate Cancer and 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

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

Woman to Woman: COVID and Cancer Workshop - COVID Vaccine & Updated Treatments
Join Dr. Peter Palese, internationally renowned Chair of Department of Microbiology at the Icahn School of Medicine at Mount Sinai, to discuss details about COVID-19 including the latest medical updates regarding vaccines and treatments.

Monday Feb. 8th at 2pm
Meeting ID: 852 2954 2264
Call in-929-205-6099
Meeting ID- 85229542264#

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

Woman to Woman We’re Too Young For This
Life after a gynecologic cancer diagnosis in your 20s and 30s is hard. Meet other young survivors who know what it’s really like. Bring your favorite drink, smoothie, tea or whatever you prefer and chat with other women.

Thursday, Feb. 11th
7:00-8:00pm
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**

*How to Support Your Lympathic System*

Join Erica Rodas, Occupational Therapist and Certified Lymphedema Therapist to explore the role that your lymphatic system plays in your overall health, how cancer treatment affects your system and ways you can support your lymphatic system.

**Thursday, Feb. 4th**

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:**  
*The Chicken Sisters* by KJ Dell’Antonia

**Tuesday, Feb 23rd at 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, Feb. 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 Sex After a Gynecologic Cancer with Mollie Finkel, NP*

Mollie Finkel, NP and Clinical Program Manager of GYN Oncology will discuss how to increase pleasure and decrease pain during sex after a gynecologic cancer diagnosis. Mollie will also share benefits of the women’s sexual health program.

**Thursday, Feb 11th at 2pm**

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

*Woman to Woman: Panel for Newly Diagnosed Women*

If you have been diagnosed with ovarian, cervical, uterine or endometrial cancer within the past few months and would like to learn about helpful resources and become part of a supportive community join our multidisciplinary panel of speakers including, Dr. Stephanie Blank, Nancy Bourque, LCSW, and Tricia Clarke, a gynecologic cancer survivor.

**Thursday Feb. 25th 5-6:30pm**


**SAVE THE DATE:**

*Woman to Woman How to Reduce Stress & Promote Calm*

Enjoy the morning learning from experts at the Mount Sinai Calm Program about the physical and emotional benefits of meditation, yoga, and music. Following a panel discussion, you will have the opportunity to choose one in-depth relaxation experience.

**Saturday, March 31**

10:00-11:30am  
More detail to come!

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

Broadway's Best For Breast Cancer: Staying Healthy & Strong Online with the JCC
Join Broadway Star Mandy Gonzalez (Hamilton, Wicked, and In the Heights) and her friends and fellow performers from the comfort of your own home as they perform. Mandy continued to perform while going through breast cancer treatment. This program brings together music and discussion about life before, during and after cancer.

Monday, Feb. 22th
at 6:00-7:00pm
Please contact Registration by email at boxoffice@mmjccm.org

Sleep Disorders - Everything You Wanted to Know but Didn't Know How to Ask with the JCC
Getting a good night's sleep is necessary for optimal health. Various sleep disorders, including snoring, sleep apnea, insomnia, sleep deprivation, and restless leg syndrome, can keep you up at night. Come learn about the latest in sleep research and discover how your mind and body are affected by sleep deprivation. Learn top tips for alleviating sleeplessness.

Thursday, Feb. 11
at 7:00-8:15pm
Please contact Registration by email at boxoffice@mmjccm.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, Feb 28th at 12:00-1:00pm
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

Gentle Yoga + Healing Music to Awaken Love Within Online with the JCC
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.

Sunday, Feb 7th at 1:00-2:15pm
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

Mantras, Mudras, Meditations Online with the JCC
Discover the connection among Mantras (chants), Mudras (hand movements) and Meditations to create calm and centeredness. Learn Mantras (in English and Sanskrit) along with numerous Mudras and Meditations to create calm, support healing and reduce stress. Utilize these simple practices to quickly re-center yourself.

Tuesday, Feb. 23rd
at 6:30-7:30pm
Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**Fruit/Vegetable of the Month:** Mushrooms

Why eat mushrooms?

- They are a good source of Vitamin D, Potassium, B vitamins, and numerous antioxidants.
- They contain Beta glucan, a form of dietary fiber linked to improving cholesterol and heart health. Research shows that mushrooms’ anti-inflammatory effect strengthens and supports the immune system.

**Ingredients:**
- 2 tablespoons olive oil
- 12 ounces mushrooms, cut into large pieces, Kosher salt, freshly ground pepper
- 4 tablespoons unsalted butter, cut into pieces
- 2 sprigs thyme
- 2 garlic cloves, crushed

**Instructions:**
1. Heat oil in a large skillet over medium-high until just beginning to smoke. Arrange mushrooms in skillet in a single layer and cook, undisturbed, until bottom side is golden brown, about 3 minutes. Season with salt and pepper, tossing often and reducing heat as needed to avoid scorching, until golden brown all over, about 5 minutes more. 2. Reduce heat to medium and add butter, thyme sprigs, and garlic to skillet. Tip skillet toward you so butter pools at bottom edge. Spoon foaming butter over mushrooms until butter smells nutty, about 4 minutes. Remove mushrooms from skillet with a slotted spoon.

{Bonappetit.com}

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**Regain Natural Sleep Patterns with Self Hypnosis Online with the JCC**

Whether you are frustrated with your ability to fall asleep or stay asleep, self-hypnosis can help. A self-induced, altered state of mind, it is a natural and scientifically researched method that anyone can learn, and is shown to help regain a natural sleep pattern for a happier, healthier, more fulfilling life.

**Wednesday, Feb 17th 6:30-8:00pm**

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

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**Zentangle Therapeutic Doodling Online with the JCC**

The Zentangle Method is a way to create beautiful images. Drawing these patterns, called tangles, allows the artist inside of you get lost in repetition, focus, and relax. By combining dots, lines, curves and orbs step-by-step, you are designing the "Elemental Strokes" in all Zentangle art. No art background required!

**Fridays from 11:30-12:30pm**

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

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**Seared Mushrooms with Garlic and Thyme**

**Ingredients:** 2 tablespoons olive oil
- 12 ounces mushrooms, cut into large pieces
- Kosher salt, freshly ground pepper
- 4 tablespoons unsalted butter, cut into pieces
- 2 sprigs thyme
- 2 garlic cloves, crushed

**Instructions:**
1. Heat oil in a large skillet over medium-high until just beginning to smoke. Arrange mushrooms in skillet in a single layer and cook, undisturbed, until bottom side is golden brown, about 3 minutes. Season with salt and pepper, tossing often and reducing heat as needed to avoid scorching, until golden brown all over, about 5 minutes more. 2. Reduce heat to medium and add butter, thyme sprigs, and garlic to skillet. Tip skillet toward you so butter pools at bottom edge. Spoon foaming butter over mushrooms until butter smells nutty, about 4 minutes. Remove mushrooms from skillet with a slotted spoon.

{Bonappetit.com}

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**Thank You**

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

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