CANCER SUPPORTIVE SERVICES

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.

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

JOURNALING AND WRITING WORKSHOPS WITH EMILY

Join our Monday and Wednesday Journaling and Writing 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!

Email Emily to get the Zoom link and password:
erubin219@gmail.com

MEDITATION

Join Alice on Monday, Wednesday and Friday for a thirty minute guided meditation at 1:00pm to find focus, peace, and calm and escape some of your anxiety and stress!

https://zoom.us/j/6965853710
or call in to 1-646-876-9923
Meeting ID: 696-585-3710

Questions about Programming? Email Alison.snow@mountsinai.org
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! Thursday, June 4, Friday June 5, Friday June 12, Monday June 15, and Friday June 19. 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.

YOGA FOR MEN WHO ARE CANCER SURVIVORS WITH JERRY

Join Jerry Snee for a virtual community and Yoga practice on Thursdays 3:00-4:30pm please note that this virtual yoga session has reverted to the usual time on Thursdays, not on Wednesdays. https://zoom.us/j/218039812

MOUNT SINAI VOCAL ENSEMBLE

Join our Mount Sinai Vocal Ensemble for a little musical delight. The group meets on Zoom Mondays at 1:00pm. join in whether to sing yourself or to enjoy a little music from the comfort of your own home. Email us now to be added to the list: alison.snow@mountsinai.org

Questions about Programming? Email Alison.snow@mountsinai.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 weekly online support group.

Thursdays at 4:00pm
To join the group email: Kat Safavi, LCSW Kat.safavi@mountsinai.org

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 on Fridays at 2:00-3:30pm on zoom.
https://us04web.zoom.us/j/7306138755
Meeting ID: 730-613-875

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! You might even get inspired or find inspiration from our group of weekly knitters. Thursdays at 1:00pm-2:00pm Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure and reduce harmful blood levels of the stress hormone cortisol. But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem.
https://zoom.us/j/6965853710
or call in to 1-646-876-9923
Meeting ID: 696-585-3710
WOMAN TO WOMAN
WE'RE TOO YOUNG FOR THIS EVENT

Join other gynecological cancer patients for drinks and catching up on Wednesday June 17th, at 6:30-7:30. Pour your favorite drink and join friends old and new to catch up since you last chatted.

https://us02web.zoom.us/j/82898253467?pwd=YVNRUFIJTUYZlIzuN3IrR0wwRGE0QT09
Meeting ID: 826 7430 3197
Password: 262782
Call: 646-558-8656, 82674303197#

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 over the phone.

Every Thursday 11:00-12:00
https://zoom.us/j/4755269440
Meeting ID: 475 526 9440
Call in #: 646-876-9923, 4755269440#

WOMAN TO WOMAN
LIVING WITH RECURRENT GYNECOLOGIC CANCER

This group is for survivors of gynecologic cancer who have experienced a recurrence.

Tuesday, June 9th, at 12:00-1:00
Gain support, learn and share resources with those who have faced cancer a second time.

https://us02web.zoom.us/j/89550715405?pwd=MzluQ1RNM0tsa01SMTdaamY4M1dVUT09
Meeting ID: 895 5071 5405
Password: 305016
Call in #: 1-646-558-8656

Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org
**WOMAN TO WOMAN POETRY FOR OUR TIME**

Join our woman to woman community for a poetry club!

**Sundays, June 14th & 18th from 3:00-4:00pm**

Poetry is a perfect partner through which we can express our angst, joys, thoughts or contemplate our lives. Poetry can give us words to say when we don't quite know how to express ourselves. Join Woman to Woman survivor volunteer, Tricia Clarke, in an exploration of poetry. We will write, listen, and share in community with each other.

**Meeting ID:** 557 891 088 **Password:** 411774

Call in 1-929-205-6099, Passcode 557891088#

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**PREPARATION OF LIFE-PLANNING DOCUMENTS WORKSHOP**

Join Mount Sinai & The City Bar Justice Center Attorney for this workshop to review wills, health care proxies, powers of attorney, and living wills.

**Tuesday, June 16th, at 11:00am on Zoom!**

Bring your questions!

https://zoom.us/j/6965853710
or call in to 1-646-876-9923

Meeting ID: 696-585-3710

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**MANDARIN & CANTONESE SUPPORT GROUP**

Join Mi (Emma) Zhou, LCSW for a monthly support group in Mandarin and Cantonese. Share your stories with people with similar experiences.

**Tuesday, June 9 at 2pm-3pm**

https://zoom.us/j/6965853710
or call in to 1-646-876-9923

Meeting ID: 696-585-3710

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Questions about Programming? Email Alison.snow@mountsinai.org
NUTRITION TIPS WITH BRITTANY

Join our nutritionist for tips to stay healthy and eat well especially while stuck at home.

**Thursday, June 18th at 10:00am**

A healthy and well-balanced diet that provides adequate nutrition is an important part of cancer treatment. Proper nutrition provides patients with the ability to recover between cancer treatments, and as a result, improve their quality of life.

[RSVP to Brittany.Craig@mountsinai.org for the zoom link/information](mailto:Brittany.Craig@mountsinai.org)

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LYMPHEDEMA ONLINE WITH THE JCC

Join Martha Eddy, PhD, Director, Moving for Life, to discover how exercise helps lymph fluids move through the lymphatic system, reducing swelling.

**Tuesday, June 23rd, 7-8pm on Zoom!**

Bring your questions to this experiential lecture!

[to register email boxoffice@mmjccmanhattan.org to receive link](mailto:boxoffice@mmjccmanhattan.org)

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EASY DOES IT POETRY FROM KARPAS HEALTH

**Wednesdays June 10th & 24th from 1:30-2:45pm**

Join Richard Sabel, MA, MPH, OTR, GCFP for a time to focus on keeping the mind active through sharing poems you may have written or poems that have special meaning to you. Bring a cup of tea and enjoy the time to share and listen to memories with your community friends.

**Meeting ID:** 949 4329 8576

[https://zoom.us/j/94943298576](https://zoom.us/j/94943298576)

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Questions about Programming? Email Alison.snow@mountsinai.org
FOLLOW OUR INSTAGRAM

Follow our Instagram for our most updated information on programming, resources, and helpful information from our cancer supportive services team.
@MSHCancersupportiveservices

THANK YOU TO OUR FUNDERS

We would like to thank the following funders:
Marisa Acocella Foundation
Through a Grant from Bloomingdales, Lower Manhattan Cultural Council, Poets & Writers, and NYCT

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

A MESSAGE ABOUT SURVIVORS DAY 6.7.20

We are saddened we cannot gather in person this year to celebrate. We put together a few short messages for you, one is from our chaplain Kaitlin Butler, a song from our vocal ensemble, led by Michael Inge, and some ideas to help you celebrate safely. We hope to celebrate with you next year in 2021!

To find the message please view our website: https://www.mountsinai.org/care/cancer/about/support