Each month, this newsletter will highlight supportive services available through the Mount Sinai oncology department and our partners. Read on for information regarding support groups, wellness opportunities, and more.

As always, we are here to support you. For more information, please contact: Stephanie Lehrman, LCSW - stephanie.lehrman@mountsinai.org; 212-824-7396

You can download a PDF of this newsletter and learn more about our programs at: https://www.mountsinai.org/care/cancer/about/support
Support Groups

**LUNG CANCER**
Every 2nd Monday of the month
12:15-1:30pm
RSVP and Zoom Information:
Kathleen.Emmets@mountsinai.org
212-824-8777

---

**BIPOC MULTIPLE MYELOMA**
"One Day at a Time"
Every 4th Monday of the month
2:00-3:00pm
This is a support group for Black, Indigenous and People of Color (BIPOC) diagnosed with Multiple Myeloma.
RSVP and Zoom Information:
Sonchelove.Hilaire@mountsinai.org

---

**POST-ALLOGENEIC BMT**
Every 2nd Wednesday of the month
2:00-3:00pm
If you had an allogenic bone marrow transplant, join this group to connect and learn from others who are also recovering from this type of transplant.
RSVP and Zoom Information:
Eddie.Degrand@mountsinai.org

---

**HEAD and NECK CANCER SURVIVORS:**
"I Just Rang the Bell"
Every 1st Monday of the month
2:00-3:00pm
If you have completed radiation/proton therapy or chemo radiation/proton therapy for HNC, this group is for you.
RSVP and Zoom information:
batya.reckson@mountsinai.org 212 824-8774

---

**LEUKEMIA and LYMPHOMA**
Every last Wednesday of the month
12:00-1:00pm
A group held to support those who are impacted by a diagnosis of Leukemia or Lymphoma. The group is open to both patients and caregivers.
RSVP and Zoom Information contact Alexa Chalmers:
212-824-9284

---

**LEUKEMIA CAREGIVER**
Every 4th Thursday of the Month
1:00-2:00pm
If you are caring for a loved one diagnosed with Leukemia, join this group to connect with others and receive support.
RSVP and Zoom Information:
Katherine.Bourgeois@Mountsinai.org; 347-964-3585
Nikki.Kleitzel@Mountsinai.org; 212-824-9283

---

Lo Nuevo en Tratamientos y Servicios de Apoyo Para Pacientes con Mieloma

MARTES 29 de marzo 5:30PM – 6:30PM
La Sociedad de Lucha contra la Leucemia y el Linfoma, (LLS, por su siglas en inglés) te invita a este programa de educación virtual para los pacientes de mieloma y sus familias.

Oradores: Cesar Rodríguez, MD Oncologo, Mount Sinai;
Silvia Mejía, MDiv Capellana, Mount Sinai Downtown

REGISTRO EN LÍNEA:
https://na.eventcloud.com/mieloma
Contacto: 212.376.4656
Support Groups

Early Adulthood Support Group
March 3rd, 17th, and 31st, 12:00-1:15pm
For adults in their 20s-40s living with cancer, join us in this supportive space to connect with others that share similar experiences, find comfort in building connections, discuss coping strategies, and reduce feelings of isolation, fear, and stress.

To RSVP and for more information, contact facilitator Claire Raizen, Social Work Intern: claire.raizen@mountsinai.org and Stephanie Lehrman, stephanie.lehrman@mountsinai.org; 212-824-7396

Mandarin-Speaking Cancer Support Group
Every Wednesday, 4:00-5:00pm
This is a weekly support group for Mandarin-Speaking patients living with cancer.

To RSVP and for more information, please contact facilitator: Annie Jiang, Social Work Intern  Annie.Jiang@mountsinai.org

Let’s Talk about HER2+ Breast Cancer and Risk of Recurrence
Tuesday, March 15 | 1-2:30pm
Facilitator: Laurie Rosa, BSN RN OCN CBCN
Join us as Laurie Rosa, BSN RN OCN CBCN, a Clinical Nurse Educator from Puma Biotechnology, presents an overview of HER2+ Breast Cancer, discusses risk of recurrence and explores options to reduce this risk. This presentation will not focus on therapies to treat HER2+ breast cancer, but rather encourage you to explore what risk of recurrence is and what you can do about it. All women with breast cancer and their support people are welcome to attend.
Call: 212-647-9700

Benefits of Telemedicine Presentation
Wednesday, March 30 | 1:30-3pm
Facilitator: Leslian Ramirez
Our team at the Immigrant Health and Cancer Disparities Center from Memorial Sloan Kettering Cancer Center would like to provide an education on telehealth uses and benefits, it’s impact in cancer care as well as how to access telehealth services using a patient portal. We will also be discussing how our team provides navigation to resources to access telehealth services more conveniently, including helping receive free or low-cost internet and electronic devices (such as phones or laptops)
Call: 212-647-9700

Amigos Unidos:
Grupo de Apoyo para pacientes con cancer.
Miercoles 2, 9, 16, 23 y 30 en Marzo
Hora: 10-11:30am
Este grupo se reúne por la aplicación Zoom (grupo virtual)
Para mas Informacion o para registrarse, favor de llamar al: 212-647-9700.

What Does Music Taste Like?
Tuesday, March 22 | 1-2:30pm
Facilitator: Susan Boe
Taste the Music is an introduction to a transformative new approach to cooking and eating through exploring the magic of music and taste. This program will highlight the legendary knowledge about how music impacts memory and emotion as well as helpful info from neurogastronomy the science that studies the human brain and the behavior that influences how we experience food.
Dubin Breast Center Programs

**DUBIN SCHMOOZIN**

An open space for crafts, laughs, meditation and support from others diagnosed with breast cancer. This group is facilitated by a licensed social worker.

For additional information, please contact the Dubin Breast Center hotline 212-241-7748

**YOUNG WOMEN CONNECT**

For more information, contact:
Alyssa Mckinnon
646-877-3538,
Alyssa.mckinnon@Mountsinai.org

---

**MINDFULNESS, MOVEMENT AND NUTRITION**

Join (via Zoom) with other patients from Dubin Breast Center:

- **Cooking Class**
  - Monthly
  - (Cooking lessons and tips on healthy eating!)

- **Yoga**
  - Every Tuesday
  - 5:30-6:30pm

- **Pilates**
  - Every Thursday
  - 5:00-6:00pm

- **Meditation**
  - Every Wednesday
  - 6:00-6:45pm
  - (Learn and practice various forms of meditation)

Facilitated by Nutritionist Kelly Hogan
For RSVP and Zoom information, contact Kelly at 212-241-0741
Covid and Cancer - Managing and Relieving Pandemic Stress with Hypnosis
A Special Four Week Series - March 10, 17, 24, 31 at 11:00am
In this 4-session series with Certified Hypnotist, Emma Ehrenzeller, you'll learn about hypnosis and other tools that can reduce stress and cultivate emotional wellness, especially as we continue to navigate COVID-19. During each session, Emma will conduct a live hypnotic meditation for you to experience the mental calm and clarity of hypnosis for yourself.

Meeting ID: 208 938 0884/ One tap mobile: +19292056099

Living with Recurrent Gynecologic Cancer
Every 2nd Tuesday of the month, 12:00-1:00pm
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.

Join Zoom Meeting
Meeting ID: 865 7625 2999/ Call in: 646-558-8656

Long-Term Gynecologic Cancer Survivor Group
"Now What"
Every 3rd Monday of the month, 12:00-1:00pm
This monthly group is for long-term (2+ year) survivors of gynecologic cancer to support each other while adjusting to life after cancer:

Join Zoom Meeting https://bit.ly/3v7ZwuP,
Meeting ID: 825 1724 0941. One tap mobile +19292056099

BRCA Awareness
March 29th 12:00pm/Noon
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.

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

Woman to Woman/Sharsheret Collaboration:
Empowered Healing
March 3rd, 11:00am
Led by Melissa Rosen, Sharsheret’s Director of Training and Education, this program uses art, spirituality, and more to explore moving beyond the distress of a cancer experience.

Register for this meeting:

Woman to Woman Book Club
March 30, 7:30-8:30pm
Join W2W volunteer Emily Mlynek, senior marketing manager at Penguin House, to discuss a range of selections. All are welcome, whether you've had a chance to finish the book (you may encounter spoilers).

This month's book: Anxious People by Fredrik Backman
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in: 646-558-8656

Mount Sinai Hospital
Support from Peers, the Arts, Spirituality, Mindfulness and More!

Grief and Bereavement Support

If you are mourning the loss of a loved one, the Mount Sinai Cancer Grief and Bereavement Committee is available to support you. We can assist in connecting you with mental health services, provide resources for burial options, and more.

Please contact 212-241-2834 and leave a voicemail; your call will be returned within 1-3 business days.

Spiritual Care

Professional Chaplains provide respectful spiritual and emotional support to patients of all faiths and none. Please contact Chaplain Karen Terry for more information or to request an appointment:

karen.terry@mountsinai.org or 646-532-1846

Patient and Family Centered Care Specialist

Connect with our certified child life specialist, Stefani Tower, for support guidance, and education in speaking with children about a cancer diagnosis.

Referrals can be made via email or phone:
Stefani.Tower@mountsinai.org 332-207-3018

Peer to Peer Program

Are you diagnosed with prostate cancer and would be interested in being matched with a peer mentor? Jean Claude is our current peer mentor. He is a patient at Mount Sinai Hospital where he was treated for prostate cancer in 2005. Since 2007 he has worked with cancer patients as a volunteer at Mount Sinai Hospital's Ruttenberg Treatment Center.

For more information reach out to Stephanie Lehrman:
stephanie.lehrman@mountsinai.org

Concerts in Motion

You can join a multitude of concerts that feature two professional musicians and cover a wide variety of genres. Roster represents many different genres of music including jazz, classical, latin, broadway, klezmer, and more, and speaks a variety of languages.

Sign up: https://tinyurl.com/cimsignup
After signup, you will receive a zoom link to the concert.

From our Partners at the Creative Center

Individual Art Sessions with Artist in Residence Sascha Mallon

Enjoy individual zoom art sessions doing jewelry, painting, and many other art projects!
RSVP:
Saschacreativecenternyc@gmail.com 845-288-0166

Online Art Workshops

Join the Creative Center every day for creative workshops in visual, literary and performing art. There are classes in painting, drawing, crochet, jewelry, poetry, creative writing and much more!
For more information:
info@thecreativecenter.org