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:
Anna Gribetz, LCSW - anna.gribetz@mountsinai.org; (212) 824-8762

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

Mount Sinai Hospital
<table>
<thead>
<tr>
<th><strong>Support Groups</strong></th>
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<tr>
<td><strong>LUNG CANCER SUPPORT GROUP</strong></td>
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<tr>
<td>Every 2nd Monday of the month</td>
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<tr>
<td>12:15-1:30pm</td>
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<tr>
<td>RSVP and Zoom Information:</td>
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<tr>
<td><a href="mailto:Kathleen.Emmets@mountsinai.org">Kathleen.Emmets@mountsinai.org</a></td>
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<tr>
<td>212-824-8777</td>
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<tr>
<td><strong>POST-ALLOGENEIC BMT</strong></td>
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<tr>
<td>Every 2nd Wednesday of the month</td>
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<td>2:00-3:00pm</td>
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<tr>
<td>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.</td>
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<tr>
<td>RSVP and Zoom Information:</td>
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<tr>
<td><a href="mailto:Eddie.Degrand@mountsinai.org">Eddie.Degrand@mountsinai.org</a></td>
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<tr>
<td><strong>HEAD and NECK CANCER SURVIVORS</strong></td>
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<td>&quot;I Just Rang the Bell&quot;</td>
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<tr>
<td>Every 1st Monday of the month</td>
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<tr>
<td>2:00-3:00pm</td>
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<tr>
<td>If you have completed radiation/proton therapy or chemo radiation/proton therapy for HNC, this group is for you.</td>
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<td>RSVP and Zoom information:</td>
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<tr>
<td><a href="mailto:batya.reckson@mountsinai.org">batya.reckson@mountsinai.org</a> 212 824-8774</td>
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<td><strong>LEUKEMIA CAREGIVER</strong></td>
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<tr>
<td>Every 4th Thursday of the Month</td>
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<td>1:00-2:00pm</td>
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<td>If you are caring for a loved one diagnosed with Leukemia, join this group to connect with others and receive support.</td>
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<tr>
<td>RSVP and Zoom Information:</td>
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<tr>
<td><a href="mailto:Katherine.Bourgeois@Mountsinai.org">Katherine.Bourgeois@Mountsinai.org</a>; 347-964-3585</td>
</tr>
<tr>
<td><a href="mailto:Nikki.Kleitzel@Mountsinai.org">Nikki.Kleitzel@Mountsinai.org</a>; 212-824-9283</td>
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<tr>
<td><strong>LEUKEMIA and LYMPHOMA</strong></td>
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<td>Every last Wednesday of the month</td>
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<td>12:00-1:00pm</td>
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<tr>
<td>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.</td>
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<tr>
<td>RSVP and Zoom Information contact</td>
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<tr>
<td>Alexa Chalmers:</td>
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<tr>
<td>212-824-9284</td>
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Multiple Myeloma Support Groups and Programs

BIPOC MULTIPLE MYELOMA SUPPORT GROUP
"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

MULTIPLE MYELOMA MINDFULNESS GROUP
Multiple myeloma patients are invited to join Mary Vu, LMSW for a guided meditation session.
If interested in attending, please contact Mary Vu at mary.vu@mountsinai.org; 212-824-8745

MULTIPLE MYELOMA 6-PART WRITING SERIES:
EMBRACING YOUR NARRATIVE
Part 4: Hope, Opportunities, Focus
Tuesday 7/26 3pm via Zoom
There is power in your narrative and life story that can help you cope with your Myeloma journey. This series will provide tools to examine and reflect upon different themes and chapters of your narrative through writing and sharing your experiences with other patients with Myeloma. All Myeloma patients are welcome to join any part of the series, and no writing experience required. Sharing your writing is optional.
To RSVP, please contact social worker Angie Lee (212-824-8773; Eunji.lee@mountsinai.org)

From Our Partners at Red Door Community
For additional information or questions, please call 212-647-9700

Medicare 2022 Discussion
Tuesday, July 26 | 1-2pm
Facilitator: Eric Hausman
Please join us for a discussion regarding:
• Costs in Medicare
• Choices in Medicare
• Programs that help with Medicare costs
How to Improve Your Sleep
Wednesday, July, 13 | 1:30-2:30pm
Facilitator: Teri Meisssner
Learn about the importance of good quality sleep and some relaxation techniques to improve sleep. Good sleep habits can boost your mental, emotional, and physical well-being.
www.jsjniyc.com

Let’s Talk About Lymph
Wednesday, July 20 | 1:30-3pm
Facilitator: Julie Sandler-Friedman
The following topics will be reviewed: what the lymphatic system is; lymphedema after cancer treatment (for example, after surgery and/or radiation); various kinds of evidence-based management of, and prevention of lymphedema; and safe exercise for/with lymphedema. This presentation will include some voluntary exercise participation.

Body Image, Intimacy, & Sexual Dysfunction with Reclaiming Intimacy
Tuesday, July, 19 | 3-4:30pm
Facilitator: Jen Fecher
During this webinar we will discuss these topics, dating disclosure, holistic options on reclaiming your sexuality and lost ability & function, as well as addressing any questions you may have on intimacy or sexual wellness. Join us to empower yourself with information to reclaim your needs, desires, and function!

Spanish Support Group
Amigos Unidos:
Grupo de Apoyo para pacientes con cáncer.
Miércoles 4, 11, 18, 25 de Julio.
Hora: 10-11:30am
Este grupo se reúne por la aplicación Zoom (grupo virtual)
Para más Información o para registrarse, favor de llamar al: 212-647-9700
Dubin Breast Center Programs

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)

For additional information on programs in Dubin, contact
Samantha Dieras:
Samantha.dieras@mountsinai.org
**Woman to Woman - Gynecological Cancer Support**

For information and questions, contact: womantowoman@mountsinai.org

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**Woman to Woman Gynecologic Cancer Group**

Every Wednesday, 12:00-1:00pm  
(No Group July 6th)

Meet other women who have been diagnosed with this life changing disease and have the opportunity to share your story. The goal of our group is to decrease isolation, share resources, feel empowered and learn ways to cope with the ups and downs this diagnosis brings. See below for this month's topics and guests.

**Medical Cannabis: What We Know, What We Need to Know.**

**July 13th**

Diana Martins-Welch, MD Director, Supportive Oncology at Montefiore Cancer Center, Center for Advanced Medicine  
The cannabinoids THC and CBD will be discussed, and their medicinal effects reviewed.

**Sex After a Gynecologic Cancer**

**July 19th at noon**

Mollie Finel, Clinical Program Director of GYN Oncology at Mount Sinai Health System, will discuss how to increase pleasure and decrease pain during sex after a gynecologic cancer diagnosis. Mollie leads.

Join Zoom Meeting  
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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**Living with Recurrent Gynecologic Cancer**

Every 2nd Tuesday of the month, 12:00-1:00pm  

For survivors of gynecologic cancer who have experienced a recurrence: gain support, learn from and share resources with those who have faced cancer a second time.

Join Zoom Meeting:  
https://bit.ly/37Czz0n  
Meeting ID: 208 938 0884  
+19292056099,,2089380884#

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**Long-Term Gynecologic Cancer Survivor Group**

"Now What"

Every 3rd Monday of the month, 12:00-1:00pm  

For long-term (2+ year) survivors of gynecologic cancer to support each other while adjusting to life after cancer:

Join Zoom Meeting:  
Meeting ID: 825 1724 0941. One tap mobile  
+19292056099

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**COVID & Cancer**

**Finding Happiness Despite Challenging Times: A Special Series**

Three Consecutive Thursdays at Noon: July 14th, July 21st and July 28th

Join Valerie Freilich and Dr. Edith Shiro from The World Happiness Foundation (https://worldhappiness.foundation) and Dr. Mavis Tsai from Awareness, Courage & Love Global Project (www.livewithacl.org) for a three-session series of interactive workshops on how to find joy and happiness, and to infuse your life with positive emotions.

Join Zoom Meeting  
Meeting ID: 757 176 6991/ Call in- 646-558-8656
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

**Massage Therapy**

Available daily during infusion treatment.

For more information, contact:
jenifer.ashton@mountsinai.org

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<tr>
<th>Patient and Family Centered Care Specialist</th>
<th>Peer to Peer Program</th>
<th>Concerts in Motion</th>
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<td>Connect with our certified child life specialist, Stefani Tower, for support guidance, and education in speaking with children about a cancer diagnosis.</td>
<td>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.</td>
<td>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.</td>
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<tr>
<td>Referrals can be made via email or phone: <a href="mailto:Stefani.Tower@mountsinai.org">Stefani.Tower@mountsinai.org</a> 332-207-3018</td>
<td>For more information reach out to <a href="mailto:Anna.gribetz@mountsinai.org">Anna.gribetz@mountsinai.org</a></td>
<td>Sign up: <a href="https://tinyurl.com/cimsignup">https://tinyurl.com/cimsignup</a> After signup, you will receive a zoom link to the concert</td>
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**From our Partners at the Creative Center**

**Individual Art Sessions with Artist in Residence Sascha Mallon**

Enjoy individual art sessions doing jewelry, painting, and many other art projects - now available in-person!

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

Mount Sinai Hospital