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 or

You can download a PDF of this newsletter and learn more about our programs at: https://www.mountsinai.org/care/cancer/about/support
Survivors Day Event
Sunday, June 5th, 2022
11am-noon

Survivors Day is an event that we hold annually for our cancer survivors, in recognition of National Survivors Day. This event will include physician speakers, patient speaker, guided meditation, and a food demonstration and nutrition discussion.

For questions, please email cssevents@mountsinai.org

Join on Zoom, meeting ID: 922-8571-0248

Spring Into Survivorship
Wednesday, June 29th, 2022
Noon to 1 pm

Featuring: La Finca del Sur, South Bronx, NY Farmers,
"Seed Planting Demonstration & Herb Discussion"
Dr. Raymond Teets will be presenting on
"Incorporating Complementary & Integrative Health into Cancer Survivorship"
Clinical Nutrition Supervisor, Chelsey Schneider will present on
"Eating Well During and After Treatment"

Seed packets will be sent ahead of the event. Please register in advance to obtain your seeds!

RSVP to cssevents@mountsinai.org
<table>
<thead>
<tr>
<th>Support Groups</th>
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<tbody>
<tr>
<td><strong>LUNG CANCER SUPPORT GROUP</strong></td>
<td>Every 2nd Monday of the month</td>
<td>Every 2nd Wednesday of the month</td>
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<tr>
<td>12:15-1:30pm</td>
<td><strong>POST-ALLOGENEIC BMT</strong></td>
<td>2:00-3:00pm</td>
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<tr>
<td>RSVP and Zoom Information:</td>
<td>If you had an allogeneic bone marrow transplant, join this</td>
<td><strong>LEUKEMIA CAREGIVER</strong></td>
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<tr>
<td><a href="mailto:Kathleen.Emmets@mountsinai.org">Kathleen.Emmets@mountsinai.org</a></td>
<td>group to connect and learn from others who are also</td>
<td>Every 4th Thursday of the month</td>
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<tr>
<td>212-824-8777</td>
<td>recovering from this type of transplant.</td>
<td>1:00-2:00pm</td>
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<td><strong>HEAD and NECK CANCER SURVIVORS</strong></td>
<td><strong>LEUKEMIA and LYMPHOMA</strong></td>
<td><strong>LEUKEMIA and LYMPHOMA</strong></td>
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<td>&quot;I Just Rang the Bell&quot;</td>
<td>Every 1st Monday of the month</td>
<td>Every last Wednesday of the month</td>
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<td>Every 1st Monday of the month</td>
<td>A group held to support those who are impacted by a</td>
<td>12:00-1:00pm</td>
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<td>2:00-3:00pm</td>
<td>diagnosis of Leukemia or Lymphoma. The group is open to both</td>
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<td>If you have completed radiation/proton</td>
<td>patients and caregivers.</td>
<td>**RSVP and Zoom Information contact Alexa Chalmers: 212-824-9284</td>
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<td>therapy or chemo radiation/proton</td>
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<td>therapy for HNC, this group is for you.</td>
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<td>RSVP and Zoom information:</td>
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<td><a href="mailto:batya.reckson@mountsinai.org">batya.reckson@mountsinai.org</a> 212 824-8774</td>
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<td><strong>LEUKEMIA and LYMPHOMA</strong></td>
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<td>12:00-1:00pm</td>
<td>diagnosis of Leukemia or Lymphoma. The group is open to both</td>
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<td>If you are caring for a loved one</td>
<td>patients and caregivers.</td>
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<tr>
<td>diagnosed with Leukemia, join this</td>
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<td>group to connect with others and</td>
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<td>receive support.</td>
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<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>
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<td><a href="mailto:Nikki.Kleitzel@Mountsinai.org">Nikki.Kleitzel@Mountsinai.org</a>; 212-824-9283</td>
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<td><strong>Mount Sinai Hospital</strong></td>
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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 3: Strengths, Connections, Growth
Tuesday 6/28 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

Advanced Directives Discussion with The Family Center
Wednesday, June 29 | 1:30-2:30pm
Facilitator: The Family Center
Join the Legal Wellness Institute at The Family Center to learn about legal tools that can help you plan for the future.

New! Meditation and Unconditional Happiness
Thursday, June 9 | 1:30-2:45pm
Facilitator: Ryushin Marchaj
Ryushin Marchaj is a priest in the tradition of Zen Buddhism and a Dharma heir of the late John Daido Loori. From 2009 to 2015 he served as abbot of the Zen Mountain Monastery.

New! Felt Floral Bouquet Workshop
Thursday, June 9 | 6-7pm
Facilitator: New York Junior League
Create a forever bouquet of felt florals as a display or gift. You will create individual, precut flowers to attach to a base made of felt.

Evitar estafas: COVID-19 y más allá
Jueves, 2 de junio | 2:30-4pm
Facilitadora: Yenissell Sánchez
Ser el objetivo de un estafador siempre es una posibilidad, los estafadores se están aprovechando de la crisis de salud de COVID-19 para atraer a las víctimas con afirmaciones falsas. Los estafadores han adoptado viejas estafas y creado otras nuevas para aprovechar la sensación de ansiiedad que ha creado la actual pandemia de coronavirus. La presentación brindará una descripción general de las estafas comunes que han estado circulando durante años, así como nuevas versiones relacionadas con crisis del coronavirus. Ser consciente de los trucos que utilizan los estafadores para obtener dinero o información hace que sea menos probable que se convierta usted en un objetivo.
Para más Información o para registrarse, favor de llamar al: 212-647-9700.

Spanish Support Group
Amigos Unidos:
Grupo de Apoyo para pacientes con cáncer.
Miércoles 4, 11, 18, 25 de junio.
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:

<table>
<thead>
<tr>
<th>Cooking Class</th>
<th>Yoga</th>
<th>Pilates</th>
<th>Meditation</th>
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<tr>
<td>Monthly</td>
<td>Every Tuesday</td>
<td>Every Thursday</td>
<td>Every Wednesday</td>
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<tr>
<td>(Cooking lessons and tips on healthy eating!)</td>
<td>5:30-6:30pm</td>
<td>5:00-6:00pm</td>
<td>6:00-6:45pm (Learn and practice various forms of meditation)</td>
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For additional information on programs in Dubin, contact
Samantha Dieras:
Samantha.dieras@mountsinai.org

Mount Sinai Hospital
**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

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.

**Off Our Chests**  
June 8th, 12pm  
John and Liza Marshall discuss their book, *Off Our Chests: A Candid Tour Through the Wold of Cancer*. Off Our Chests explores their personal journey through cancer, and other major topics from today’s headlines including the cost of healthcare, value, shared decision making, and healthcare burnout.

**Treatment Updates**  
Thursday, June 30th, 12pm (No Wednesday group that week)  
Gynecologic oncologist Dr. Sharyn Lewin will join us and discuss treatment updates for uterine and cervical cancer.  
Sharyn N. Lewin, MD, FACS, FACOG, is Founder and Executive Director of The Lewin Fund to Fight Women’s Cancers, responsible for the organization’s operations, and for setting its strategic vision.  
Join Zoom Meeting  
Meeting ID: 757 176 6991 / Call in- 646-558-8656

### BRCA Awareness Group - Discussion with Dr. Sarah Cate  
Thursday, June 9th at 4pm

Dr. Sarah Cate will discuss the importance of genetic testing, the process of surveillance, prophylactic mastectomies, and her work.

https://us02web.zoom.us/j/7571766991  
Call in- 646-558-8656, Meeting ID: 757 176 6991  
One tap mobile  
+16465588656,7571766991

### COVID & Cancer - Processing the Many Types of Pandemic Loss  
Monday, June 6th at Noon

The New York Times published a piece entitled “Grieving Our Pandemic Losses.” It acknowledges that in addition to those grieving the staggeringly heartbreaking numbers of lost lives, everyone impacted by the pandemic is experiencing some form of loss. This session will focus on processing these many different types of losses and providing a safe and supportive community to discuss how to cope and move forward during this challenging time in our world.

Join Zoom Meeting:  
https://bit.ly/37Czz0n, Meeting ID: 208 938 0884  
One tap mobile:  
+19292056099,2089380884# US (New York)

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### RECURRING GROUPS

#### 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  
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

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

#### COVID & Cancer: Post-Pandemic Summer Style Tips  
Thursday, June 23rd at Noon

Professional stylist Vicki Shechtman shares her many years of experience in the fashion industry to help attendees figure out comfortable, affordable and stylish post-pandemic fashion ideas for every occasion. Vicki will share current fashion trends and teach participants how to dress to impress for every budget and social situation!  
Join Zoom Meeting:  
https://bit.ly/37Czz0n Meeting ID: 208 938 0884  
One tap mobile:  
+19292056099,2089380884# US (New York)

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Mount Sinai Hospital  
**MAY 2022**
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 Anna.gribetz@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 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