



MARCH 2024 CANCER SUPPORT & WELLNESS NEWSLETTER

We ♥ our
Social Workers

Thank you to our passionate and dedicated staff who help build stronger families and communities!

#SWMonth #peoplesmatter

March is Myeloma Awareness month, please join our hybrid presentation in Spanish on March 26th 5:30-7:30pm. March is also Colorectal cancer awareness month, please join our webinar, "Let's Talk about Sex" on March 25th from 5-6pm. It is also Social Work month and Nutrition month. Check out our new "ask the dietician" answer from our Instagram post, you asked, we answered! Virtual Tai Chi series is back with Master Sunny Tsang on Mondays. We hope to see you at one of our exciting March programs!

March is
NATIONAL
NUTRITION
MONTH



APPRENDIENDO SOBRE MIELOMA

Aprendiendo Sobre Mieloma Y Como Comunicarse Con Su Equipo Medico (Hibrido)

Acompañanos a esta plática comunitaria ofrecida por La Sociedad de Lucha contra la Leucemia y el Linfoma y el Hospital de Mount Sinai. Esta es una oportunidad única para pacientes, cuidadores, y la comunidad para aprender de los expertos. Dr. Rodriguez, Maria Amado, SWI, Charlotte McDermott, LMSW
Martes, 26 de Marzo

5:30pm-7:30pm

**10 Union Square East 2nd Floor
Auditorium**

Si asiste de forma virtual, usted recibirá la información de inicio de la sesión de Zoom por correo electrónico después de registrarse.

Contacto del programa: Marie Macias, 914-496-3902 | Marie.Macias@LLS.org



Tai Chi Series with Master Sunny Tsang

In celebration of Lunar New Year, join us for a series of four virtual Tai Chi classes with Master Sunny Tsang. 為了慶祝農曆新年，請大家參加曾順財師父教導的四堂視像太極課程。

Virtual classes on
**March 4, 11, 18, 25 from
2 pm to 3 pm**

視像課程時間為 3 月 4 日, 11 日, 18 日和
25 日下午 2 點至 3 點

Zoom 鏈接:
<https://mountsinai.zoom.us/j/742587553>

LET'S TALK ABOUT SEX

"Let's Talk About Sex" Sexual Health & Intimacy During and After Colon & Rectal Cancer Treatment

Join us for a discussion on sexual health and intimacy during in recognition of Colon and Rectal Cancer Awareness Month. Expert panelist presenters will include:

Barbara M Chubak, MD, Associate Prof Department of Urology
Deborah Marshall, MD Assistant Prof., Dept. of Radiation Oncology
Kim Newcomer, Stage IV rectal cancer survivor and director of volunteers, Colorectal Cancer Alliance
Sara Mann, SWI

**Tuesday, March 25th,
5-6pm**

WEBINAR ID: 973 2021 4583

RSVP:

SARAH.MANN@MOUNTSINAI.ORG



Journaling and Writing Workshops

Join one or all of our variety of writing workshops 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.

Writing Workshops meet Mondays
March 4 & 18

Journaling Workshops meet:
Wednesdays: March 6, 13, 20, 27

3:00-4:00pm

Email Emily write.treat@gmail.com to get the Zoom link and password



Meditation with Alice

Join Alice Fox for her virtual guided meditation on **Wednesdays.**

Learn to connect and enjoy a sense of inner peace and let go of stress. We can learn to heal our minds, while healing our bodies

11:00-12:00PM

Please email Alice Fox at alicebfox@gmail.com to register for the zoom link.



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 and is led by the talented Michael Inge.

Mondays March

4, 11, 18, 25

1-2pm

<https://bit.ly/3mxB9Cy>
Meeting ID: 448 800 2565
Passcode: 506560



Relaxation Techniques to Prepare for Cancer Surgery

Connecting mind and body with meditation and hypnosis.

Benefits

have been reported to include:
reducing levels of stress and anxiety,

improving sleep, less pain and shorter recovery time. Last

Thursday of the month 2-3pm.

Thursday, March 28

2-3pm

To RSVP for the group, discuss additional availability and information please contact Mary Vu, LCSW at mary.vu@mountsinai.org

OR 347-920-7634



Yoga For Men Who are Cancer Survivors with Jerry - Hybrid at JCC

Join Jerry Snee, CYI for in-person or virtual community and Yoga practice. This class is open to those in treatment and who have completed treatment.

Wednesdays 3:00-4:30pm

Please email jerrysnee@msn.com for more info.

Mezzanine Classroom or via Zoom Meeting

Meeting ID: 860 3585 6126

Passcode: jccyogamen



Knitting Group

Knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. Enjoy friendly conversation while you work on your yarn projects.

**Anyone in need of supplies please contact cssevents@mountsinai.org*

Thursdays, 12:30-2:00PM
Virtual

call in to 1-646-876-9923
Meeting ID: 968 1548 3634

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



Crafts and Conversation Group

Have you been recently diagnosed with Cancer? Join us to learn techniques to cope with anxiety, such as mindfulness, and other meditations for relaxation and talk to other patients about what they are doing to handle their new diagnosis. This group will meet in person in Chelsea in the Main Conference Room.

Wednesday, March 13th
at 11:00am-12:00pm

RSVP to Liza at 347-580-0669 or
liza.lundgren@mountsinai.org



Chinese Cancer Support Group: The Journey of Mental Health Exploration

你是否有时觉得心里空落落的? 长期 情绪低落却不知道是否得了抑郁症? 觉得生活空虚、无聊、没有意义? 跟 社工实习生文倩一起探索心理健康的 旅程, 找回对生活的掌控。Join Social Worker Intern Wenqian on a journey through mental health, as we explore ways to regain control of your life.

时间: 星期三, 2024年3月27日, 下午3-4点
Wednesday, March 27th, from 3:00 PM to 4:00 PM 通过电脑视频加入会议链接:

<http://mountsinai.zoom.us/j/7425875532> To join via computer:
<http://mountsinai.zoom.us/j/7425875532> 通过电话加入会议: 请先拨打 1 - 646 - 876 - 9923, 然后输入会议号码 742 - 587 - 5532 To join via telephone: dial 1-646-876-9923



The Cedar Club: Chinese-Speaking Cancer Support Group with Dr. Bao

Join us for a workshop given by Ting Bao, MD, MS, Co-Director of The Leonard P. Zakim Center for integrative Therapies & Healthy Living at Harvard Dana-Farber Cancer Institute! 来参加哈佛大学附属医院癌症研究所综合疗法与健康生活中心的联合 主任包医生的讲座! Join us for a discussion about how cancer patients can take care of themselves and improve quality of life during and after treatment. 和我们一起讨论正在接受治疗和完成治疗后的癌症病人如何自我照顾, 提高 生活质量。 **Tuesday, March 5, 2:00 pm - 3:00 pm** 星期二, 3月5日, 下午2点至3点

To join via computer:
<https://mountsinai.zoom.us/j/7425875532> 通过电脑视频加入会议的链接:
<https://mountsinai.zoom.us/j/7425875532> To join via telephone: dial 1-646-876-9923. Meeting ID: 742-587-5532 通过电话加入会议: 请先拨打 1-646-876-9923, 然后输入会议号码 742-587-5532 For more information, please contact: Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095 想要知道更多信息, 请联系执业临床社工周宓小姐 邮箱 mi.zhou@mountsinai.org 或者电话



Radiating Strength: A Radiation Oncology Peer Support Group- Virtual

Join this peer support group facilitated by an oncology social worker focusing on building mutual aid and healing emotionally from radiation treatment.

Thursday, March 21st
2:30-3:30pm

RSVP and Information:
Mariam.rahayab@mountsinai.org or
call 929-837-1119



Glioblastoma & Brain Tumor Support Group

Seeking support for yourself or a loved one with a Brain Tumor? Our Glioblastoma Support Group meets 1st Thurs of every month.

Thursday March 7th
at 1:00pm-2:00pm

Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

Thursday, March 21st at 5:30pm

To join the groups email:
Kat Safavi, LCSW
Kat.safavi@mountsinai.org



Lung Cancer Support Group

Join this drop-in group for adults with lung cancer. Share, connect and learn from each other in a supportive atmosphere. This group is facilitated by a licensed social worker. Please join us for an open-ended Lung Cancer support group! Second Monday of the month. Hybrid group.

Monday, March 11th
12:15-1:30pm

RSVP and Zoom Information:
Mae.Ryan@mountsinai.org



Young Adult Virtual Support Group for Gastrointestinal Cancer Patients

This is a drop-in group for individuals ages 20-35 who have been diagnosed with a gastrointestinal cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere. The group meets the 3rd Wednesday of the Month. The first group will be on:

March 21st 2-3pm

Facilitators: Jessical Waldman, LCSW & Jill Dovale, LMSW, RSVP to get the Zoom link:
gioncsw@mountsinai.org



Young Adult Caregiver Support Group

This is a drop-in group for young adults who are caring for a loved one living with cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere. The group meets every Tuesday.

Tuesdays at 12pm

For Zoom Information and to RSVP please contact
Oscar.Duran@mountsinai.org,
212-824-9273



Caregiver Support Group

Join us for a place to learn, reduce stress, and connect with other caregivers in the community

March 11 & 25
4-5 PM

Online via Zoom ID # 948 9031 3570
or by phone (646) 876 - 9923

Facilitated by Social Work Interns
Madison Hankin & Haley Shea To learn more or RSVP, please reach out to
Madison Hankin at
Madison.Hankin@mountsinai.org or
(212) 523 -7194



Road to Resilience

A virtual group for people in recovery or actively using substances to process experiences and get support from one another while navigating cancer. This group is led by Oncology social workers and will meet virtually on the second Wednesday of each month.

March 13th 1-2pm

For the zoom link information please contact: Mariam 929-837-1119
or Rebecca 347-880-5358



Post-Treatment Survivorship Support Group

Join us for a place to learn, share experiences, and connect with other cancer survivors. The 1st and 3rd Friday of the month, Co-facilitated by Rachel Brenner, SWI & Mollie Sailor, SWI.

Friday, March 1st & 22nd
12pm-1pm

Zoom Meeting ID: 742 587 5532

To learn more, please reach out to
Rachel Brenner at
Rachel.brenner@mountsinai.org



Black Men's Prostate Cancer Initiative: Support Group

The Black Men's Prostate Cancer Initiative support groups provide prostate cancer education resources and support specifically for Black men diagnosed with prostate cancer. Our support groups under this initiative are currently fully remote, with the group being led by two licensed mental health professionals.

2nd and 4th Monday of each month at 8pm EST

To register please visit:
<https://zerocancer.org/get-support/black-mens-prostate-cancer-initiative/>

Our support groups are the perfect place to talk with other people affected by blood cancers, including patients, family members, and caregivers.

M U L T I P L E

M Y E L O M A

Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis

Join an oncology social worker 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. Last Wednesday of the month and 2nd Tuesday evening.

Tuesday, March 12th 6-7pm
Wednesday, March 27th
12-1 pm

RSVP to www.lls.org/metny or call 914-496-3902

Multiple Myeloma Support Group

Join a support group for patients living with Multiple Myeloma to connect, share, and support one another. Facilitated by licensed myeloma social workers. 2nd day of the month and 2nd Tuesday evening.

Thursday, March 14th at 3pm

For more information and zoom link, please contact Yu Mee Song, LCSW, OSW-C (212)824-8771/
yumee.song@mountsinai.org

Multiple Myeloma Mindful Journaling Group

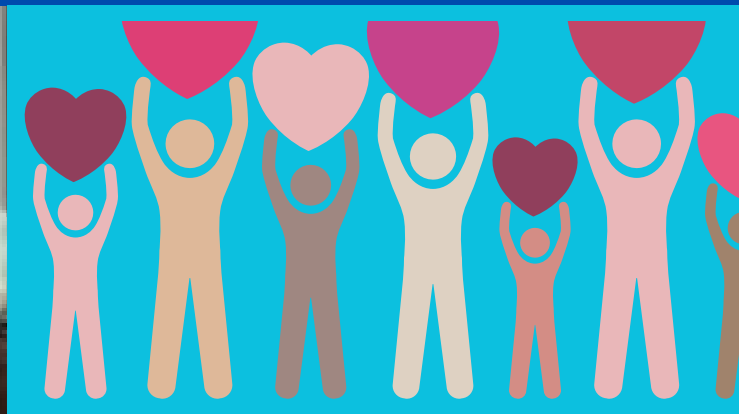
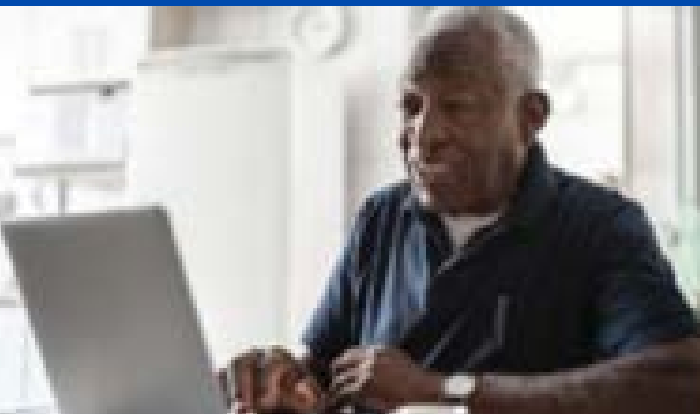
Join us in a creative and therapeutic process of mindful journaling.

Mindful journaling allows our thoughts, feelings and experiences to take tangible form on paper, which helps us to become a better listener to ourselves during times of stress. No experience required.

Every first Tuesday of the Month,
4-5pm

Tuesday, March 5th
4-5pm

For more information or to RSVP, Facilitated by Rachel Wangler, LMSW (212) 824-8759/
rachel.wangler@mountsinai.org



Grupo de Apoyo Para Pacientes y Familias con Mieloma

Los pacientes y sus cuidadores están invitados a compartir sus inquietudes, temores y experiencias en un entorno cómodo, empático y de apoyo mutuo en este grupo mensual gratuito.
El cuarto martes de cada mes.

El martes, 26 de Marzo a las
5:30-6:30pm

Para mas informacion visite www.lls.org/metny or llamar al: 800-955-4572.
Dirigido por Charlotte McDermott, LMSW (212) 241-7868/la facilitadora del grupo charlotte.mcdermott@mountsinai.org

BIPOC Multiple Myeloma Support Group: "One Day at a Time, Together"

This is a support group for Black, Indigenous and People of Color (BIPOC) diagnosed with Multiple Myeloma. The group meets every 4th Wednesday of the month, 4:00-5:00pm.

Wednesday, March 27th,
4:00pm

RSVP and Zoom Information:
YuMee.Song@mountsinai.org/
(212) 824-8771

Caring for the Caregiver Multiple Myeloma Caregiver Support Group

A support group for caregivers of patients with multiple myeloma. Join us in a space to connect with others, share experiences, learn about resources, and reduce stress and isolation. The group meets the 2nd Wednesday of each month.

Wednesday, March 13th, 5:30pm

For more information and to receive the Zoom link, please contact Jaclyn Zingman, LMSW at 212-824-8745 or
Jaclyn.zingman@mountsinai.org

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



Post-Allogeneic BMT Support Group

If you had an allogeneic bone marrow transplant, join this group to connect and learn from others who are also recovering from this type of transplant. "Every first Wednesday of each month 1-2pm

Wednesday, March 6th
1:00-2:00PM

RSVP and Zoom Information:
Ryan.Dritz@mountsinai.org

The Dual Role of Patient & Parent: Support Group for Patients with a Blood Cancer Who Have Children

Join us for this new support group in collaboration with the Leukemia & Lymphoma Society for patients with blood cancer who have children age 18 and under. The group will meet virtually the first Tuesday of every month 4-5pm.

March 5th 4-5pm

To register for the link contact
1-800-955-4572

Ostomy Support Group

Got a stoma? Getting a stoma? Join this group to connect with others and share your experiences. This group will meet the 2nd Thursday of the Month. Please join us!

Thursday, March 14th,
3-4pm

Contact Taemin Ahn for more information:
gioncsw@mountsinai.org



Healthcare Directives and Proxies in person with Karpas Health

You can help make your care as effective as possible when you are well informed, participate in treatment decisions, communicate openly with your doctor and other health professionals. Join Miguel Arenas as he reviews your rights and responsibilities as a patient and explains the process of putting together an advance directive. He will guide you through the process of appointing a health care proxy and putting together a living will. **Instructor: Miguel Arenas, MS, CPXP, BCPC** Senior Director of the Patient Representative & Language Services Department, Mount Sinai Downtown

March 21st 2-3pm

10 Union Square East 2nd Floor
NYC, NY 10003

For More Information Please contact:
212-420-4247/Email: info@karpashealth.org

Medicare 2024 Online with Karpas Health

In 2024 there are some changes for Medicare. Join as Eric discusses the latest information on Medicare Part A and Part B, Medigap/Medicare Supplement insurance, Medicare Advantage and Medicare Part D, along with programs that help with Medicare costs – Extra Help/LIS, EPIC and the Medicare Savings Programs. There will also be an opportunity to get Medicare questions answered. Instructor(s): Eric Hausman Outreach Coordinator, Department for the Aging (DFTA)

Tuesday, March 12th 1-2:30pm

Zoom Meeting ID: 993 6050 3871
Passcode: 319926 Dial In: 6469313860

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

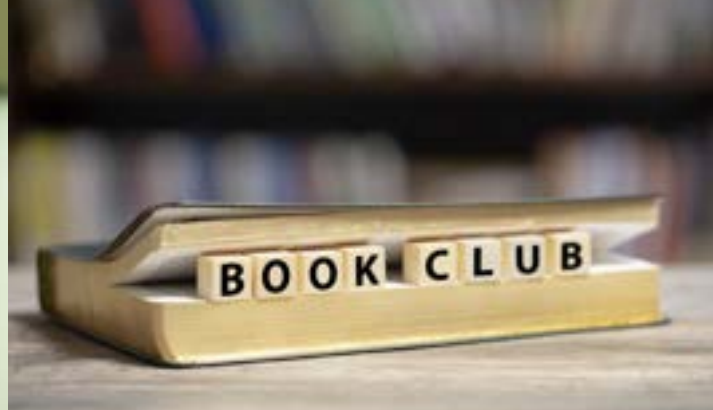
Stop the Bleed Online with Karpas Health

Please join Charla Sarabia, MPH as she presents on how to manage life-threatening bleeding injuries. It will go over using three different techniques such as applying pressure, packing a wound, and placing a tourniquet.

Instructor: **Charla Sarabia, MPH** Injury Prevention and Community Outreach Coordinator, Mount Sinai Morningside

March 11th, 1-2pm

Zoom Meeting ID: 936 4797 5977 Passcode:
849806 Dial In: 646-931-3860



Woman to Woman: BRCA Awareness

Having the BRCA mutation comes with some tough choices. Choices that many, unless in a similar circumstance don't understand. We do. 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.

Thursday, March 28th
at 1 pm

Join Zoom Meeting
<https://bit.ly/2ZUuQ2c>
Meeting ID: 757 176 6991/ Call in-
+16465588656

Woman to Woman: Book Club

Join Woman to Woman to discuss a monthly book club pick from a range of genres and styles. Each month the book will be chosen by a book club member. All are welcome, whether you've had a chance to finish the book or not! (Just be mindful that you may encounter some spoilers ...)

If you'd like to join but are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org for assistance.

Hildred's pick! Hello Beautiful By Ann Napolitano

Wednesday, March 27th
7pm

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

Women of Color Navigating Gynecologic and Breast Cancer: A support group for patients who identify as black, indigenous, or people of color (BIPOC)

In recognizing the unique experiences of women who identify as black, indigenous, or people of color (BIPOC) with gynecologic or breast cancer, we created this group as a space for women to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis.

Monday, March 4th at Noon

Meets the first Monday of every month

Gatherings of the Women of Color Navigating Gynecologic and Breast Cancer group will focus on a specific theme/topic with space for BIPOC women to exchange stories of their experiences and leave with practical approaches to address their concerns and feel heard. Meetings will be facilitated in English, but for BIPOC women who speak languages other than English, please contact womantowoman@mountsinai.org or 212-241-3793.

Meeting ID: 208 938 0884



Woman to Woman Gynecologic Cancer Support Group

Meet other women who have been diagnosed with this life changing disease and share your story. The goal is to reduce isolation, share resources, feel empowered and learn ways to cope. We will be joined by guest speakers who are specialists in their fields.

Wednesdays, 12:00-1:00 pm

*No group 3/13

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

Woman to Woman: Now What? Long-Term Gynecologic Cancer Survivor Group

This monthly group is for long-term (2+) year survivors of gynecologic cancer. The purpose is to connect with other women to share unique experiences of long-term survivors in a supportive setting. Meets the third Monday of every month

Monday, March 18th
12:00-1:00pm

Meeting ID: 208 938 0884
Call in-929-205-6099

Woman to Woman Living with Recurrent Gynecologic Cancer

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. Meets the 2nd Tues of every month.

Tuesday, March 12th
12:00-1:15pm

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



Thriving with Woman to Woman

The purpose of this new monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges.

Navigating a cancer diagnosis and survivorship can feel like a full-time job. It can easily overtake your life and be the lens through which you view all of your experiences and interactions. Co-led by Audrey Carlson, Woman to Woman volunteer and founder of the Hartford Happiness Club, this group will alternate esteemed guest speakers with topic-driven interactive exercises to help participants learn how to achieve balance so you can not just survive, but thrive.

Tuesday, March 26th
12pm

Meeting ID: 208 938 0884
Call in # 929-205-6099

Woman to Woman: Trauma in Cancer Survivors and the Benefits of Psychiatric Treatment

Trauma may set in during treatments, while navigating treatment side effects, and when waiting for test results. Cancer-related post-traumatic stress (PTS) is fairly common and may occur along with depression and anxiety. Dr. Vora will give an overview about the effect of anxiety and presence of trauma in survivors of gynecological cancers, and potential treatment options or recommendations..

This session is open to all members of the cancer community and caregivers

Wednesday, March 27th
12pm

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

Woman to Woman: Female Designers throughout History - In Honor of Women's History Month

Design historian Debra Goldstein will lead a fascinating lecture in honor of Women's History Month about the history of female designers. In 1936, the renowned art historian Nicholas Pevsner published *Pioneers of Modern Design*, to this day considered a landmark work on the most influential designers of the modern era.

Yet among the myriad giants of talent Pevsner details, not one was a woman. Debra will touch upon the talented women whose design innovations have shaped the aesthetics of the modern era.

Thursday, March 7th
2pm

Meeting ID: 208 938 0884



Woman to Woman: Coping with Gynecologic Cancer Treatment Related Side Effects

Dr. Theresa Shao will present about common treatment related side effects from chemotherapy, PARP inhibitors and immunotherapy used. If you have questions or want to learn more about short term or long-term treatment side effects join us for this opportunity. Please note this presentation will not include surgery and radiation side effects.

Monday, March 11th
12pm

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



Woman to Woman: Resources & Support for Newly Diagnosed Gynecologic Cancer Patients

If you have been diagnosed with ovarian, cervical, uterine, endometrial or any other gynecologic cancer within the past 2 years and would like to connect with experts to learn about helpful resources and meet other patients to become part of a supportive community, please join us.

This panel discussion will feature:
Gynecologic Oncologist from Baycare Clinic,
Dr. Elizabeth Dickson Michelson
Social worker from Ruth Ann Ornstein from Yale School of Medicine Discovery to Cure
And an inspirational survivor story from Gynecologic Cancer survivor Latricia Garmon

Thursday, March 14th at 3pm

Link to join: <https://bit.ly/3OeTPXQ>

For more information:

friends@wisconsinovariancancer.org or 262-797-7804



Woman to Woman: Do I Grieve? Acknowledging Loss in Myself and Others - A 3-Session Series

Come and explore grief and the emotions of grief in a healthy, positive, and meaningful way. Certified end-of-life doula Virginia Chang, Ph.D. returns for a 3-session workshop series to explore grief. This series is an invitation to discover what grief means to you and your relationship to it. We will take a deep dive into understanding our own personal perspective on grief and how it affects us. Each workshop session will be interactive and include components of small exercises, writing, sharing, and reflection.

Thursday, March 14, 21 & 28
at 12pm

Meeting ID: 208 938 0884



Dubin Zoom Yoga for Breast Cancer Patients

Join The Dubin Breast Center of the Tisch Cancer Institute weekly yoga class led by Jana Hicks, CYI focused for patients with breast cancer.

Tuesdays, 5:45-6:45pm

RSVP for the Zoom information or for more information please contact

DubinNutritionist@mountsinai.org

These programs are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

**This class is open to people being treated for breast cancer at any Mount Sinai Health System location*

Dubin Zoom Meditation for Breast Cancer Patients

Join The Dubin Breast Center of the Tisch Cancer Institute weekly meditation class led by Laura Teusink, focused for patients with breast cancer.

Wednesdays, 6:00-6:45pm

RSVP for the Zoom information or for more information please contact DubinNutritionist@mountsinai.org

These programs are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time

**This class is open to people being treated for breast cancer at any Mount Sinai Health System location*

Dubin Zoom Pilates for Breast Cancer Patients

Join the Dubin Breast Center of the Tisch Cancer Institute, weekly pilates class led by Melissa Miles, focused for patients with breast cancer.

Thursdays, 5:00-6:00pm

RSVP for the Zoom information or for more information please contact, DubinNutritionist@mountsinai.org

These programs are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time

**This class is open to people being treated for breast cancer at any Mount Sinai Health System location*



Healing through Journaling for Breast Cancer Patients

Join our Healing through Journaling group via ZOOM! This group is open to all breast cancer patients and facilitated by Lori Perkins, a Breast Cancer Survivor and accomplished editor and author. Participants will receive writing prompts during the session and will have time to write and share with the group. be First Tuesday of the month at 1:30 PM and on the Third Thursday at 6:30 PM.

Tuesday, March 5th at 1:30 & Thursday March 21st at 6:30pm

For more information and zoom link please call Jessica Kreitman 212-241-8765



Young Adult Breast Cancer Support Group

Members will be able to share their experiences and emotions in a non-judgmental space, fostering within the group a sense of community that can be difficult to find elsewhere. This virtual group is open to patients ages 20-early 50s and at all stages of disease, including survivorship, are welcome. Group meets the first Wednesday of the month.

Wednesday, March 6th 6:30-7:30pm

RSVP and receive zoom info call 212-241-7748



DUBIN SCHMOOZIN

Dubin Schmoozin in person

Join us as we craft courage in a supportive space where art becomes a therapeutic tool for expression and resilience. Breast cancer patients of all ages and stages are welcome. The group meets on the second Wednesday of the Month in the Dubin Breast Center: 1176 5th Avenue New York, NY

March 13th 1:30-2:30pm

For more information call 212-241-7748

Questions about Programming? Email jessica.kreitman@mountsinai.org



Zentangles: Beyond the Basics Online with the JCC

Join instructors and certified Zentangle teachers Kathy Shapiro + Sarah Reading to create easy-to-learn patterns in beautiful compositions through this unique rhythmic art form, suitable for artists at all levels. In no time, the simple steps allow tangles to access delicious pleasure and calm. Bring a cup of tea, unlined white paper, a fine-tipped black pen, pencil, and paper smudger (or cotton swab) for shading, and watch your creativity take off!

Fridays: March 1, 8, 15, 22, 29 11:30-12:30pm

Tuesdays March: 5, 12, 19, 26 1:30-2:30pm

You will receive a confirmation letter for your registration that will include the zoom link. Free for those being tested or treated for cancer. Please contact registration by email at boxoffice@mmjccm.org for additional info



Gentle Water Aerobics for Women Living with Cancer at the JCC

Join Velia Hoffman for gentle exercise class. Water exercise helps to create better posture, release stress, and prevent falls. Using movements similar to tai chi, this class gently lubricates joints, improves muscle coordination and tone, and helps with balance and neuropathy. Please register for class the training pool is limited to 6 participants. The class is free of charge to individuals impacted by cancer.

**Tuesdays:
10:00-11:00am**

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



Daily Drop in Facilitated Meditation Hybrid with the JCC

Daily Drop-In Meditation (hybrid) Activate peace and calm whether you're brand new to meditation or an experienced practitioner, all are welcome. Meditation will continue on Zoom with select dates also held in person (there will always be a virtual option).

Mornings: Mon-Fri, 7:30-8:30 am
Evenings: Mon-Thurs 5:45-6:45pm

Meeting ID: 942 4397 1448
Password: meditation
Please visit <https://mmjccm.org/fitness-wellness/or/contact>
boxoffice@mmjccm.org for additional information.



Breast + Ovarian Cancer Support Massage at the JCC

Receive supportive, holistic bodywork, employing massage techniques suitable for individuals undergoing treatment or for those who are post-treatment and/or post-surgery. Prescription and online intake required.

**Tuesdays & Thursdays
10-12pm**

Email

**oncologymassage@mmjccm.org or
call 646.467.9239 for details.**

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org



Restful Nights Calm the Mind with Yoga + Qi Gong with the JCC

Slow, flowing qi gong movements are a great way to calm your mind, relax your body, and prepare for a restful night of sleep. Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other..

Instructor: Michele Sapanaro, RYT,
Certified Qi Gong Instructor

Monday, March 4th 6:00-7:15pm
Monday, March 11th, 18th & 25th 1:30-2:45pm

Free for those being tested or treated for cancer at Breast link New York or elsewhere. Please email boxoffice@mmjccmanhattan.org to receive the link.



Cooking with Plant Powered Chef Carole online with the JCC

Explore the delicious world of plant-based baking and cooking without added oils, salt, or sugar! Chef Carole Levy, a Culinary Educator with Plant Powered Metro New York, will livestream from her kitchen and take us through how to make some of her favorite recipes, each with seasonal ingredients.

**Sunday, March 3rd
5:00-6:15pm**

Free for those being tested or treated for cancer at Breast link New York or elsewhere. Registrants will receive recipes and a Facebook Live and YouTube link on the day of the event. Please email the box office at mmjccm.org if you do not receive the link.



Yoga for Cancer Care Hybrid with the JCC

Allow gentle yoga stretches to bring balance and calm into your body. Stretch, expand and soften as you improve well-being, feel better and regain and maintain your center. Gentle postures, relaxation and meditation will be incorporated into this class. No prior yoga experience is needed.

While anyone impacted by cancer is welcome, class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.

Join Whitney Chapman

Mondays
6:15-7:30pm

Join us online or in person for this FREE Yoga for Cancer Care class via zoom or in the Mezzanine classroom at the JCC.

In order to get the new Zoom link for this class, please go to <http://www.mmjccm.org/cancer-care>



Healing Yoga For Women Living with Cancer Hybrid with the JCC

Utilizing the breath to slow the mind allows the body to relax and rejuvenate, tapping into the body's ability to promote healing. In this healing yoga class, we will gently stretch the body to open into yoga postures that soothe and strengthen. Working with classic yoga postures designed to support the body through treatment and beyond, this practice will create calm and centeredness. While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation. Join Jerry Snee, Certified Yoga Instructor

Thursdays, 6:45-8:00pm

In person room Mezzanine Classroom

In order to get the new Zoom link for this class, please go to <https://mmjccm.org/programs/healing-yoga-women-impacted-breast-or-ovarian-cancer>



Yoga4Cancer Online with the JCC

Yoga4Cancer is designed to help those living with cancer manage treatment side effects and speed recovery through an evidence-based oncology yoga program. Yoga4Cancer builds strength and mobility in safe ways in order to stimulate the immune system and build bone density while detoxing the body and cultivating a sense of well-being.

While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.

Join Leora Leung, certified Yoga4Cancer instructor

Sundays, 3:00-4:15 PM

In order to get the new Zoom link for this class, please go to <http://www.mmjccm.org/cancer-care>



Ai Chi Renewal Program for Women Living with Cancer Online with the JCC

The class will include breathing, relaxation, gentle exercises, stretching & some strengthening plus virtual AiChi moves. Ai Chi: Japanese for love Ai; Chi Chinese for energy. Facilitated by Teri Dupuy. All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation. At this time all classes are nevertheless open to all cancer survivors.

Thursdays at 9:45-10:45am

In order to get the new Zoom link for this class, please go to <http://www.mmjccm.org/cancer-care>

Once you've completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org



Moving for Life Online with the JCC

Join Martha Eddy + Ana Leon Bella + Evelyn Nunlee for gentle dance-exercise for women living with cancer. Classes concentrate on restoring upper body movement impacted by side effects of breast cancer surgery, chemo, and radiation. Exercise increases energy levels, boosts immunity, helps with weight management and eases symptoms of chronic illnesses! At this time all classes are nevertheless open to all cancer

Wednesdays
at 12:00-1:00pm

Saturdays 11-12pm

Please contact Registration by email at boxoffice@mmjccm.org



Nia Moving to Heal for Women Living with Cancer Hybrid with the JCC

Nia is a holistic workout for the mind, body, and soul that incorporates elements from martial arts, dance, and relaxation techniques. Learn to slow down and personalize movements for your own body, while focusing on feeling better.

While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation. Join Caroline Kohles for Nia!

Tuesdays at 4:15-5:15 PM

In order to get the Zoom link for this class, please go to <http://www.mmjccm.org/cancer-care>

Once you've completed the online process, you will receive an email from the JCC that will provide you with a link to the class.



Online & Individual Art Sessions & 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>

If you are receiving treatment at Rutenberg Treatment Center and are interested in individual art sessions in-person, please contact saschacreativececnernyc@gmail.com or cibele@gmail.com. The Creative Center also works with those that are receiving treatment at Mount Sinai West. For any questions or more information contact info@thecreativecenter.org

Red Door Community Programming

The Red Door Community is a free cancer support community. They offer free workshops and groups, including a Spanish speaking support group "Amigos Unidos: Grupo de Apoyo para pacientes con cancer". Red Door community es una comunidad de apoyo para pacientes con cáncer. Esta comunidad ofrece conferencias y grupos de apoyo, incluyendo un grupo facilitado en español llamado "Amigos Unidos: Grupo de apoyo para pacientes con cáncer".

Para más información, preguntas o si desea registrarse, comuníquese al 212-647-9700 o visite la página web www.reddoorcommunity.org.

For additional information, questions and to register for the events, please call 212-647-9700/ www.reddoorcommunity.org

Chemo Companions and Peer to Peer Prostate Support

Chemo Companions pairs up patients with medical and graduate school students to regularly attend appointments and provide support throughout patients' chemotherapy treatment at Rutenberg Treatment Center. Contact anna.gribetz@mountsinai.org or 646-574-1008

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 Rutenberg Treatment Center. For more information reach out to Anna.gribetz@mountsinai.org



Colon Cancer Awareness Month Events: Get Your Rear in the Clear!

- Come meet our health educators and learn how to get screened for colon cancer.
Mount Sinai Union Square – 2nd Floor Green Space – 10 Union Square, New York, NY 10003- March 5th
Mount Sinai Morningside – Ambulatory Care Center Lobby (Babcock Lobby) – 440 W 114th St., New York, NY 10025- March 7th
Mount Sinai West – Main Lobby – 1000 Tenth Ave, New York, NY 10019- March 12th
Mount Sinai Queens - Pavilion Lobby - 25-20 30th Avenue Astoria, NY 11102 - March 14th
Mount Sinai Brooklyn – Main Lobby – 3201 Kings Hwy Brooklyn, NY 11234 - March 19th
CAM – Main Lobby – 17 East 102nd St., New York, NY 10029 March 21st
Mount Sinai Hospital- Guggenheim Pavilion Lobby – 1468 Madison Ave March 26th
Mount Sinai Jackson Heights March 28th 37-22 82nd St, Jackson Heights

Tell us about the magic or lack there of apple cider vinegar"

- What is apple cider vinegar?
·Apple cider vinegar is a type of vinegar made from yeast, bacteria and apples!
·It is a probiotic, rich in antioxidants and contains acetic acid.
- Can apple cider vinegar prevent/cure cancer?
·Unfortunately, there isn't 1 food that can prevent or cure cancer.
·There was a study showing that acetic acid (a component of apple cider vinegar) can help stop the growth of cancer. However, in this study the acetic acid was applied directly to cancerous cells, and that is impossible to do in human subjects.
·Another avenue where apple cider vinegar has been mentioned with cancer is the alkaline diet. In which the thought is that apple cider vinegar will lower the acidity of the body and help destroy cancer cells. However, it is very difficult to change our body's pH since it already regulates it on its own!
- Other nutritional implications?
·A few studies have shown that apple cider vinegar can help lower blood sugar levels. Don't use instead of medications
·There is a lot of buzz about apple cider vinegar helping with weight loss. A study found that patients who took apple cider vinegar and ate in a calorie deficit loss more weight than those who did not use apple cider vinegar. It is important to remember that apple cider vinegar did not do this alone.
·The negatives associated with apple cider vinegar are that the acidity can hurt the enamel on your teeth and may cause heartburn.
- Resources:
<https://www.medicalnewstoday.com/articles/323439>
<https://www.uchicagomedicine.org/forefront/health-and-wellness-articles/debunking-the-health-benefits-of-apple-cider-vinegar>

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

Follow our Instagram for our most up to date information on programming, resources, and important information from the cancer supportive services team. [@MSHScancersupportiveservices](https://www.instagram.com/MSHScancersupportiveservices)



PROGRAMAS EN ESPAÑOL



Talleres Mensuales en Español para Pacientes en Tratamientos Oncológicos

Este espacio es para conectar con pacientes en situaciones similares y recibir apoyo en la comunicación con el equipo médico. El taller es facilitado por una trabajadora social el último miércoles de cada mes.

Miércoles, 27 de Marzo 4:00pm a 5:00 pm
Zoom ID: 968 3919 7913

Puedes unirte a la reunión llamando +1 646 876 9923

y a continuación, poniendo el meeting ID 968 3919 7913

Mayor información contactar Maria Amado al 973-936-9030 o maria.amado@mountsinai.org



Where No One Faces Cancer Alone **Red Door Community Programming**

Red Door community es una comunidad de apoyo para pacientes con cáncer. Esta comunidad ofrece conferencias y grupos de apoyo, incluyendo un grupo facilitado en español llamado "Amigos Unidos: Grupo de apoyo para pacientes con cáncer".

Para más información, preguntas o si desea registrarse, comuníquese al 212-647-9700 o visite la página web www.reddoorcommunity.org.



Grupo de Apoyo Para Pacientes y Familias con Mieloma

Los pacientes y sus cuidadores están invitados a compartir sus inquietudes, temores y experiencias en un entorno cómodo, empático y de apoyo mutuo en este grupo mensual gratuito.

El cuarto martes de cada mes.

El martes, 26 de Marzo a las 5:30-6:30pm

Para mas informacion visite www.lls.org/metny or llamar al: 800-955-4572.

Dirigido por Charlotte McDermott, LMSW (212) 241-7868/la facilitadora del grupo charlotte.mcdermott@mountsinai.org



Latina SHARE Support Group for Women with Breast & Ovarian cancer

Únete a Latina Share un grupo de apoyo en español para nuestros pacientes de Mount Sinai Cancer Center, diagnosticados con cáncer de mama o de ovario.

Miercoles, 20th de Marzo 6pm

Para más información, preguntas o si desea registrarse, comuníquese al Jennie Santiago jsantiago@sharecancersupport.org

<https://latina.sharecancersupport.org/cancer-de-seno/grupos-de-apoyo-para-mujeres-con-cancer-de-seno-o-de-ovario/>

Todos podran registrarse llamando al oceda@sharecancersupport.org 212 221-1750