

MAY 2025 CANCER SUPPORT & WELLNESS NEWSLETTER

May is Mental Health Awareness Month in recognition we are working with the NYC Cancer Collaborative and hosting “Caring for your Wellbeing: Strategies for Taking Care of your Emotional Health” this virtual event will be in Spanish on May 7th at 7pm. May 20th is Clinical Trials Awareness Day, which raises awareness about the importance of clinical trials and to recognize the contributions of research professionals and participants. Join our Cedar Club for a discussion on Clinical Trials on May 12th at 2pm in Mandarin. On May 13th at 12pm join Navigating Communication Challenges After a Cancer Diagnosis. May is also skin cancer awareness month, please see free screenings that are available. We hope to see you at one of our programs this month!



Skin Cancer Screenings: May is Skin Cancer Awareness Month
The Kimberly & Eric J. Waldman
Department of Dermatology 2025
Free Skin Cancer Screenings

Walk-ins only! No Appointments!

Mount Sinai Doctors: East 85th St 234 E
85th St 5th Floor
Friday May 2, 1-4pm

**The Blavatnik Family Chelsea Medical
Center at Mount Sinai**
325 W 15th St Suite C
Friday, May 9th 9am-2pm

Mount Sinai Doctors, East 98th Street
5 East 98th St, 5th Floor
Tuesday May 6th 1-4pm

No Appointments Necessary

CLINICAL TRIAL

**Cedar Club: Chinese Speaking
Cancer Patients: Discussion on
Clinical Trials**
來和我們一起討論事前醫療計劃。

Join us for a discussion about clinical trials with
health educator Kathreine Huang and Senior
Clinical Research Coordinator Tiffany Xing.
來和健康教育專員黃金文和高級臨床研究協調員Tiffany
Xing一起討論臨床研究治療。

Learn about clinical trials, why they are important,
and the benefits of participation.
我們一起來學習臨床研究治療是什麼，其重要性是什麼，以及
參與這種治療的益處。

Monday, May 12, 2:00 PM - 3:30 PM

星期一，5月12日，下午2點至下午3點半

To join via computer:

<https://mountsinai.zoom.us/j/7425875532>

通過電腦視頻加入會議的鏈接:

<https://mountsinai.zoom.us/j/7425875532>

To join via telephone: dial 1-646-876-9923. Meeting
ID: 742-587-5532

通過電話加入會議: 請先撥打1-646-876-9923, 然後輸入
會議號碼742-587-5532

For more info, please contact: Emma Mi Zhou,
LCSW at mi.zhou@mountsinai.org / 212-604-6095
想要知道更多信息, 請聯繫執業臨床社工周宓小姐
郵箱 mi.zhou@mountsinai.org 或者電話



**Mental Health Awareness Month
NYC Cancer Collaborative
Workshop: Caring for your
Wellbeing: Strategies for Taking
Care of your Emotional Health**

In recognition of Mental Health Awareness
Month, please join us for this virtual event
addressing emotional wellbeing of cancer
survivors in the Spanish speaking Community.
This workshop will be held in Spanish.

Wednesday May 7th 7-8pm

Panelist includes:

Sara Grisales Jaramillo, LMSW, Cancer Care
Grace Downs-Liguori, LCSW, Oncology Social
Worker, Mount Sinai Tisch Cancer Center
Sandra Morales, LatinaSHARE

Jonathan Guerrero, Patient Navigator, Weill Cornell
Medicine Meyer Cancer Center

Zoom Meeting ID:

<https://mountsinai.zoom.us/j/91530152458> Or join
by phone: Dial +16468769923, Webinar ID
91530152458, and press #. For more information,
please contact Grace.Downs-
Liguori@mountsinai.org



Writing Workshops

Join the the 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
Wednesdays: May 7, 21 & 28

4:00-5:00pm

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

May 7, 14, 21 & 28

11:00-12:00PM

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

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



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 2:30-4:00pm

Please email jerrysnee@msn.com for
more info.

Makom Classroom or via
Zoom Meeting

Meeting ID: 811 7715 3302

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

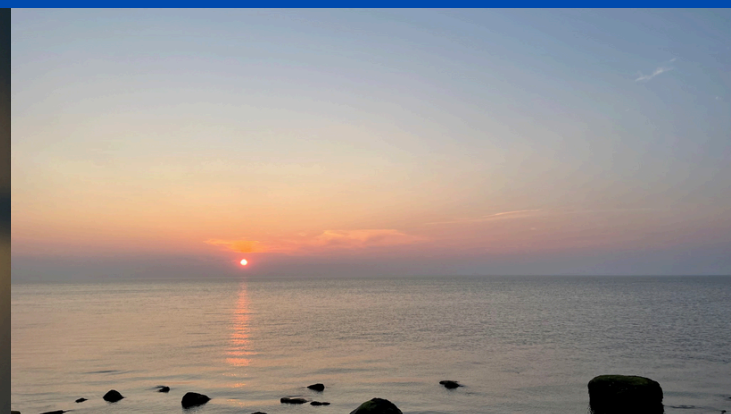


Vocal Ensemble

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
May 7, 14, 21 & 28

<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.

Please contact Mary Vu, LCSW,
OSW-C at

mary.vu@mountsinai.org
OR 347-920-7634 to schedule a
session



Caregiver Support Group

This is a drop-in group for individuals 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.

Support for Caregivers: 3rd Tuesday of the Month.

Tuesday, May 20th
12-1pm

Prior to attending this group, please RSVP to receive Zoom information, please contact
Oscar.duran@mountsinai.org



Post-Treatment/ Survivorship Support Group

Join us for a place to learn, share experiences and connect with other patients.

Thursday, May 1st
12-1pm

Zoom Meeting ID: 742 587 5532

Facilitated by Oncology Social Worker Madeleine Epstein. To learn more and register, please reach out at
Madeleine.Epstein@mountsinai.org or
212-367-1715



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, May 14th
11:00am-12:00pm

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



"What are complex carbohydrates and simple carbohydrates?"

What are carbohydrates?

- Carbohydrates are a type of nutrient that we get from the food we eat. When we eat carbohydrates, our body breaks them down to glucose to use as an energy source.
- Glucose is the preferred energy source for our brain and is the primary energy source for many parts of our bodies!

What are simple and complex carbohydrates?

- Simple carbohydrates are foods that are broken down fast, whereas complex carbohydrates typically contain fiber making it longer to breakdown.
- Simple carbohydrates can cause a spike in blood sugar, but since complex carbohydrates take longer to breakdown blood sugar typically takes more time to increase.
- Examples of simple carbohydrates are candy, sugary beverages like soda, cakes, cookies, etc. Examples of complex carbohydrates are whole grains, beans, fruits, etc.

Resources: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/carbohydrates>,
<https://medlineplus.gov/carbohydrates.html>



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 Ruttenberg Treatment Center and are interested in individual art sessions in-person, please contact
saschacreativecenter@mountsinai.org or
cibelelev@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



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 Ruttenberg Treatment Center. Contact
anna.gribetz@mountsinai.org or 212-824-8762

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
carly.abramson@mountsinai.org

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



Spirituality with Chaplain Karen Terry

Led by board certified interfaith chaplain Karen Terry, the group will reflect on spirituality as a source of both strength and struggle. Spirituality is understood very broadly and participants of all belief systems are welcome. You do not have to be religious to participate in this group. Content varies based on participant interests but may include discussion of spiritual themes (gratitude, forgiveness, the transcendent, etc), sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text. This group is open to anyone impacted by cancer. Please contact Chaplain Karen Terry at Karen.terry@mountsinai.org or 212-824-8129 with questions.

Thursday, May 15th at 10am

Zoom link: 978 6019 0373
<https://mountsinai.zoom.us/j/97860190373>

Navigating Communication Challenges After a Cancer Diagnosis

Join us for an interactive workshop to explore communication challenges, share experiences and practice strategies for meaningful conversations.

Tuesday, May 13th

12-1:30pm

Facilitator: Psychology Team at Mount Sinai's Cancer Center with support from Mount Sinai's Oncology Social Workers

RSVP: Julie.Randolph@mountsinai.org



Young Adult Virtual Support Group for Neuroendocrine Tumor and GI Cancer Patients

This is a drop-in group for individuals ages 20-35 who have been diagnosed with a neuroendocrine tumor or a gastrointestinal cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere.

Thursday, May 15

2-3pm

Facilitator: Jessica Waldman, LCSW
RSVP to get the zoom link:
gioncsw@mountsinai.org

Bereavement Support Groups

Virtual Bereavement Support Groups

Blood Cancer Loss Support Group
Monthly drop-in adult bereavement support group in collaboration with the Leukemia & Lymphoma Society for people impacted by blood cancer loss.
<https://www.lls.org/event/bereavement-support-group-2024-0>.

This group meets the 2nd Thursday of the month from 12-1pm

May 8th, 12-1pm

RSVP: christina.lin2@mountsinai.org

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Navigating Grief, Loss and Bereavement

Monthly drop in for those impacted by a loss from any type of cancer. 1st Wednesday & 3rd Monday of every Month

May 7th 12-1pm & 19th

5:30-6:30

RSVP: Samantha.idan@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 (1176 5th Ave 1st floor conference room).

Monday, May 19th

12:15-1:15pm

RSVP and Zoom Information:
Mae.Ryan@mountsinai.org or
646-942-6034



Bone Marrow Transplant Support Group


Meets virtually on the first Wednesday of each month. This is a virtual group for patients who have had a bone marrow transplant or stem cell transplant, including CAR-T. It is also open to those who are just starting work-up as well as those who have had treatment. Join this group to connect and learn from others who are also recovering from this type of transplant.

Wednesday, May 7th

12pm

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

Questions about Programming? Email anna.gribetz@mountsinai.org



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

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,

Wednesday, May 28th 12-1pm

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

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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.

Thursday, May 8th at 3pm

For more information and zoom link, please contact (212)824-8759
MMsocialwork@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.

Meets 1st & 3rd Tuesday of the Month

Tuesday, May 6th & 20th 4-5pm

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

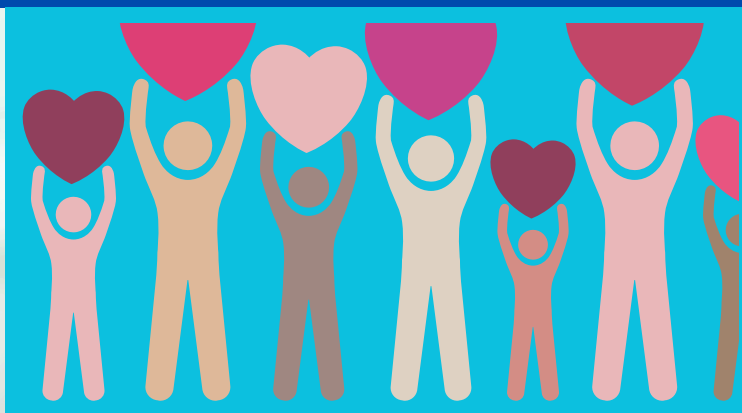


Caring for the Caregiver Multiple Myeloma Caregiver Support Group

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, May 14th 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



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

Support group for BIPOC (Black, Indigenous, and People of Color) patients with Multiple Myeloma

May 28th at 4pm
(4th Wednesday of each month @ 4pm)

Facilitated by Yu Mee Song, LCSW, OSW-C, (212) 824-8771
yumee.song@mountsinai.org



Stand By You: Support Group for Young Patients (aged 18-30 years)

This support group aims to create a space for young patients to find strength from connection and support. Patients who have been newly diagnosed, going through active treatment or are returning to life after treatment are welcome to attend.

Meets virtually on the first Tuesday of each month

May 6th 4-5pm

To register: Elizabeth Croker, LMSW
Elizabeth.Croker@mountsinai.org, call 1-800-955-4572 or go to: Stand By You Support Group | Leukemia and Lymphoma Society (lls.org)

Questions about Programming? Email anna.gribetz@mountsinai.org



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 the third Tuesday of the month at 1:30 PM.

May 20th
6:30-7:30pm

For more information call
212-241-7748

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

Wednesday, May 14th
1:30-2:30pm

For more information call
212-241-7748

Follow our Instagram for our most up to date information on programming, resources, and important information from the cancer supportive services team.
@MSHScancersupportiveservices





Writer's Circle with Woman to Woman

Use creative writing as a tool for self-discovery, mindfulness, and personal growth, focusing on how thoughts, words, and actions influence physical and emotional health. Woman to Woman survivor volunteer at Eugenia Nascimento will lead this session.

Thursday, May 29th
12pm

Usually meets the fourth Monday of every month - shifted this month due to the holiday

Join Zoom Meeting:
Meeting ID: 208 938 0884

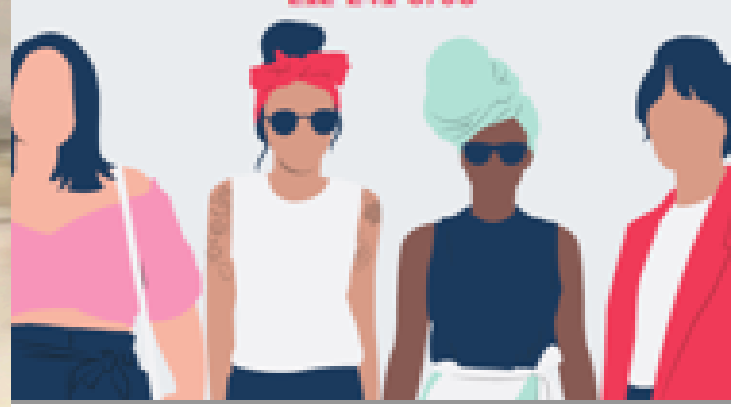


Woman to Woman: Healing through Humor

Returning by popular demand, Joyce M. Saltman, Ed.D., the "Guru of Laughter," professor emeritus from Southern Connecticut State University, will lead this engaging, interactive series. Joyce has been studying and sharing the power of humor since 1983. Her lively, fun-filled workshops highlight how laughter and a positive attitude can boost well-being. With years of experience delivering nearly 100 talks annually and donating millions to charity, Joyce will lead a heartwarming two-session series designed to bring joy and healing into your life. Don't miss this opportunity to laugh, connect, and feel inspired!

Thursday, May 8 & 16
12pm

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



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

This group is for women who identify as black, indigenous, or people of color (BIPOC) with gynecologic or breast cancer to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis.

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/212-241-3793.

May 5th at 12pm

Meeting ID: 208 938 0884/ Call in-929-205-6099,2089380884



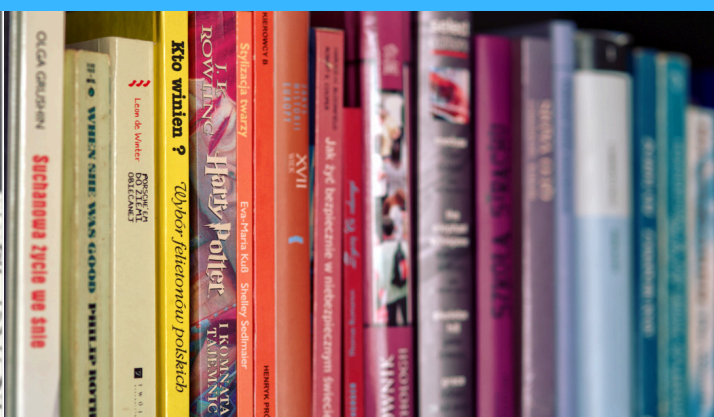
Woman to Woman: Monday Morning Mindfulness

Join us Monday mornings of gentle and empowering 20-minute mindfulness meditations. Together, let's cultivate inner peace, resilience, and a sense of well-being while we set intentions for any challenges to be faced in the week ahead. Take a moment for yourself at the beginning of each week and discover the transformative power of mindfulness in a supportive and nurturing environment.

Sessions will be led by Ylfa Edelstein, born and raised in Iceland, who has been a seeker and student of yoga and contemplative studies for over 30 years.

Mondays
10-10:20am

Meeting ID: 416 883 2533
One tap mobile
+16469313860,,89451655231#



Woman to Woman Book Club

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. **May Book: Lesley's pick! The Reading List: A Novel by Sara Nisha Adams**

Wednesday, May 28th at 7:00pm

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



Thriving with Woman to Woman: Choosing Happiness

The purpose of this 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. However, you are extraordinary women with interests, hobbies, passions, fears, dreams and so much more. You all deserve to feel happy and fulfilled. 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.

Meets the fourth Tuesday of every month

Tuesday, May 27th at 12pm

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

Questions about Woman to Woman? Email womantowoman@mountsinai.org



Woman to Woman: Radical Acceptance Workshop with Sunni Jones-Ford, LCSW

This workshop on Radical Acceptance will explore the power of fully acknowledging reality without resistance, judgment, or avoidance. Participants will learn about the origins of radical acceptance and how it differs from toxic positivity and emotional suppression. Through guided exercises, reflection, and discussion, attendees will gain practical tools to integrate radical acceptance into their daily lives—helping them navigate difficult emotions and embrace life’s uncertainties with greater resilience. Sunni Ford-Jones, LCSW is a licensed therapist, and founder of Cozy Body Wellness.

Wednesday, May 7th at 12:00pm

Join Zoom

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

Woman to Woman: Safe Travel for Cancer Survivors with Dr. Caplivski

For those living with cancer it can feel like life is put on pause. Plans might get cancelled and travel is put on hold. However, does that really have to be the case? Join us for a conversation with Dr. Daniel Caplivski, the Director of the Icahn School of medicine Travel Medicine Program as he shares about safe travel tips for those living with cancer.

Wednesday, May 21st at 12:00pm

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

Woman to Woman: Dancing Through Cancer with Zumba

Exercise helps to reduce common side effects of cancer treatment such as fatigue, anxiety, and sleep disturbances. Regular exercise can also reduce the risk of cancer recurrence and of developing other health problems. While exercising, we think having fun is key!

We hope you join us for a virtual Zumba class! Zumba is a Latin inspired aerobic dance class that feels like exercise in disguise. Easy to follow moves and good music, you’ll leave feeling great from head to toe. Barbara Dellicurti will lead a Zumba Gold class which is Zumba at a lower-intensity level for 30 minutes. Barbara has been teaching for over 12 years and her only requirement is to have fun!

This class is open to the whole cancer community.

May 16th at 10-10:30am

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



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

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, May 19th
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, May 13th
12-1:15pm

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

CANCER SURVIVORS DAY 2025

**Save the Date: Survivor's Day
June 11, 2025**

Join us in celebration of patients in treatment and post-treatment.

Be Inspired

Form Connections

Participate in Wellness Activities

Wednesday, June 11th 3-5pm

New York Academy of Medicine President's Gallery

1216 5th Ave (Entrance on 103rd St)

Light refreshments (Kosher)

RSVP by June 3rd, Space is limited

cssevents@mountsinai.org or 646-784-2388

Our Thanks to the Cindy Turkeltaub Cancer Support Fund for their generous support of Survivor's Day!



Understanding Palliative and Hospice Care, and the Importance of Advanced Directives online with Karpas Health

Join Natasha Dveirin, LMSW and Rachel Adams, LCSW, APHSW-C as they provide an overview of palliative and hospice care, focusing on the differences, goals, and key principles of each. They will explore approaches aim to enhance the quality of life for patients facing serious illness, managing symptoms, and offering psychosocial support to both patients and their families. There will also be a discussion on where hospice care can be administered and the importance of creating an environment where patients and families feel comfortable, supported, and respected during this critical phase of life while also emphasizing the importance of completing advanced directives, such as health care proxies, to ensure that healthcare decisions align with personal values.

Wednesday, May 28, 1pm to 2pm

Register for the zoom information:

212-420-4247

Karpas.Health@mountsinai.org



Anxiety: Recognizing the Signs and Dealing with It online with Karpas Health featuring Dr. Staal

Join Karpas Health for this fun helpful talk on Coping with Anxiety in Late Life with Dr. Staal. In this talk you will learn about what stress is and how stress is different from anxiety. One will learn how to conceptualize the issue of anxiety psychologically in order to cope better. One will learn how to how to work with yourself when one is anxious in three steps: Noticing and Naming, Connecting with your body and Getting present.

Friday, May 30th at 3:00pm

Register for the zoom information:

212-420-4247

Karpas.Health@mountsinai.org

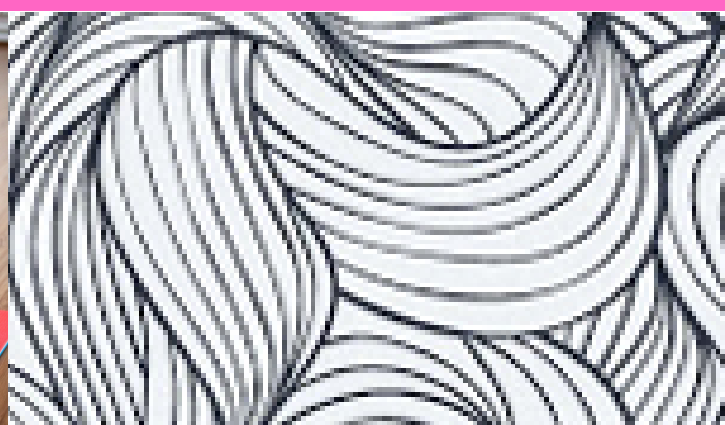


Pelvic Power: Essentials of Pelvic Health Messages online with the JCC

Regain control of your bladder and your life. Learn proper breathing techniques and how to do Kegels, reverse Kegels, and pelvic friendly Pre-Pilates and related exercises in a way that can help prevent and treat incontinence. Discover anatomy, breathing, diet, and use of props to help you retake control of your bladder. Series includes live Zoom sessions and links to resources for relevant information. You will finish the series knowing how to use the methods, tools, and information presented in ways that work for your individual body.

**Wednesdays: May 21, Jun 4, Jun 11 (3wks)
11:00am-12:00pm**

Class size limited to 15; participants will have a 15-minute, one-on-one consultation with Randi at the beginning and end of the series. You will receive a Zoom link prior to class. If you register within 30mins of class start time please email boxoffice@mmjccm.org to receive the link. Free for those being tested or treated for cancer. To receive the discount code go to mmjccm.org/cancer-care to complete an intake form and receive a discount code to use at check out. If you are having difficulty with registration please email our registration department at boxoffice@mmjccm.org or give them a call at 646-505-5708.



Zentangle Therapeutic Drawing Online with the JCC

Join instructors and certified Zentangle teachers 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 tangers 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, 11:30-12:30 PM

<https://www.mmjccm.org/fitness-wellness/wellness/cancer-support#programs>
646-505-4444



Forest Bathing + Meditative Walking in person with the JCC

Forest Bathing is a meditative walk in nature that is deeply refreshing with moments of calm, stillness and observation. Connect to the land with all your senses in nature's autumn glory: the air, water, plants, trees, rocks, soil, sun, and more. Short teachings from the season's holidays and traditions enhance inner and outer experiences to help you savor this time of year. Please note: This beautifully guided walk is through mostly flat terrain, meeting at Central Park West and 67th Street, by Tavern on the Green. Bring a sense of wonder, water to drink and something to sit on, like a towel or small blanket. Free for those being tested or treated for cancer

**Thursday, May 15
6:30-8:30pm**

<https://www.mmjccm.org/fitness-wellness/wellness/cancer-support#programs>
646-505-4444

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



Healing Yoga For Women Impacted by Breast or Ovarian Cancer & Yoga for cancer Care Hybrid with the JCC

Join **Jerry Snee**, Certified Yoga Instructor on Thursdays for **Healing Yoga**. Utilizing the breath to slow the mind allows the body to relax and rejuvenate, tapping into the body's ability to promote healing. 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. Yoga for Cancer Care on Mondays is facilitated by **Whitney Chapman**. 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

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

Healing Yoga: Thursdays, 6:45-8:00pm

Yoga for Cancer Care: Mondays 6:15-7:30pm

In person room Mezzanine Classroom
Meeting ID: 889 9483 5222 Passcode: jccHealing
In order to get the new Zoom link for this class, please go to <http://www.mmjccm.org/cancer-care>



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>



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 at 11-12pm

Please contact Registration by email at boxoffice@mmjccm.org



Gentle Water Aerobics for Women Living with Cancer at the JCC

Join **Velia Hoffman** for gentle exercise class. Gentle 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. The class takes place on site at the JCC in the training pool and is limited to 12 participants.

Tuesdays: 10:00-11:00am

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 open to all cancer survivors with the knowledge that they are not marketed to be a complete body work out. Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org/ 646-505-5708



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 & Fridays 10-12pm

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

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, 28 de Mayo o 4:00pm a 5:00 pm

<https://mountsinai.zoom.us/j/98591887958>

Meeting ID: 985 9188 7958

**Mayor información contactar Beatriz Garcia:
beatriz.garcia@mountsinai.org**

Puedes unirte a la reunión llamando +1 646 876 9923
y a continuación, poniendo el meeting
ID 985 9188 7958

Mayor información contactar Beatriz al 646-315-4148



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.



Cuidando Tu Bienestar: Apoyo Emocional para Pacientes con Cáncer

En reconocimiento al Mes de Concientización sobre la Salud Mental, únase a nosotros en este evento virtual acerca de la calidad de vida de los sobrevivientes de cáncer en la comunidad hispanohablante. ¿Cómo puedes mejorar tu salud mental? Este taller se realizará en español. Con Sara Grisales Jaramillo, LMSW, Grace Downs-Liguori, LCSW, Sandra Morales, Jonathan Guerrero.

Fecha y hora: 7 de Mayo a las 7-8pm

New York City Regional Cancer Collaborative

Zoom Meeting ID: <https://mountsinai.zoom.us/s/91530152458>

**O unete por telefono: +16468769923, Webinar ID:
91530152458, y marque #**

Para mas informacion, contacte
Grace.downs-liguori@mountsinai.org



Latina SHARE Grupo de Apoyo para pacientes y sobrevivientes de cáncer de seno

En un grupo de apoyo, los miembros pueden sentirse más cómodos compartiendo sentimientos y experiencias que pueden resultar demasiado difíciles o incómodos de compartir con familiares y amigos.

Miercoles, 21st de Mayo 6pm

Tercer miércoles de cada mes a las 6:00 PM EST

Para mas informacion o Para recibir el enlace Zoom, llame al
800-314-6948:

GRUPOSDEAPOYO@SHARECANCERSUPPORT.ORG

LINEA DE AYUDA: 1-800-314-6948 800-314-6948