To Our Mount Sinai Oncology Community,

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

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

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

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

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

**BIPOC MULTIPLE MYLOMA**
"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

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

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

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

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

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

**Mandarin-Speaking Cancer Support Group**
First Meeting:
February 9th, 1:00-2:00PM
This is a weekly support group for Mandarin-Speaking patients living with cancer, held virtually every Wednesday starting February 9th from 1:00-2:00pm.

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

欢迎参加我们为中文癌症患者成立的支持小组 - 将在每个星期三下午 1:00-2:00. 通过视频, 大家可以互相认识，聊遇到的问题与困恼，和在精神方面上彼此支持.
有兴趣请联系社工实习生 Annie Jiang, 212-241-2572. 谢谢！

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

**Amigos Unidos:**
Grupo de apoyo para pacientes con cancer
Esta viviendo con cáncer? Venga a reunirse con otros miembros de la comunidad Latina de Red Door Community y comparta sus experiencias, su sabiduría, sus preocupaciones y sus esperanzas. Este grupo se reúne por la aplicación Zoom (grupo virtual)
Cada miércoles, 10-11:30am
para preguntas: (212) 647-9700

**La importancia del ejercicio en la recuperación del cáncer**
Facilitadora: Ana Leon Bella, Moving for Life
Miércoles el 16 de Febrero 2022 | 10-11am
Jueves el 24 de Febrero 2022 | 3-4pm

La actividad física está relacionada con mejores resultados de salud y estados de ánimo cuando se trata de la recuperación del cáncer. Este taller proporcionará información sobre cómo comenzar o mantener una rutina de ejercicios durante la recuperación del cáncer y cómo Moving for Life puede brindar clases de movimiento de apoyo y adaptación durante este viaje.

Para mas Informacion o para registrarse, favor de llamar al: 212-647-9700

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Mount Sinai Hospital
Dubin Breast Center Programs

DUBIN SCHMOOZIN

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

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

YOUNG WOMEN CONNECT

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

MINDFULNESS, MOVEMENT AND NUTRITION

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

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

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

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

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

Facilitated by Nutritionist Kelly Hogan
For RSVP and Zoom information, contact Kelly at 212-241-0741
Woman to Woman - Gynecological Cancer Support
For information and questions, contact: womantowoman@mountsinai.org

**Woman to Woman Gynecologic Cancer**
Every Wednesday, 12:00-1:00pm
*New day and time!*
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 months topics:

**What Happens Next?**
February 17th (in place of meeting on Feb. 16th)
In honor of National Cancer Prevention Month, Gynecologic Oncologist Dr. Stephanie Blank and Gynecologic Oncology Fellow Dr. Katya Papatla will discuss survivorship and prevention of secondary malignancies.

**Anti-Estrogen Therapies and Other Biologics for Gynecologic Cancers**
February 23rd
With Dr. Tiersten, a Professor in the Division of Hematology and Medical Oncology and a member of the Breast Cancer Medical Oncology Program.

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

**Living with Recurrent Gynecologic Cancer**
Every 2nd Tuesday of the month, 12:00-1:00pm
This group is for survivors of gynecologic cancer who have experienced a recurrence. The purpose of this group is to gain support, learn from and share resources with those who have faced cancer a second time.
Join Zoom Meeting:
https://bit.ly/2ZUuQ2c
Call in: 646-558-8656, Meeting ID: 757 176 6991

**Long-Term Gynecologic Cancer Survivor Group**
"Now What"
February 28th, 12:00-1:00pm
This monthly group is for long-term (2+ year) survivors of gynecologic cancer to support each other while adjusting to life after cancer:
Join Zoom Meeting:
Meeting ID: 825 1724 0941. One tap mobile +19292056099

**Covid and Cancer - Enhancing Resilience (Part 3)**
February 7th, Noon
All Woman to Woman community members are invited to participate in a workshop aimed at enhancing resilience emotionally, socially and physically through interactive exercises, an informative lecture and guided self-reflection.
Join Zoom Meeting
Meeting ID: 889 4133 7937
One tap mobile +19292056099

**Covid and Cancer - Covid Medical Update with Dr. Cardinale Smith**
February 14th, 11:30am
Esteemed Dr. Cardinale Smith, oncologist and palliative medicine physician, will share her expertise and help our oncology patients figure out how to safely navigate pandemic life.
Join Zoom Meeting: https://bit.ly/3feR6vq
Meeting ID: 886 4751 8193
One tap mobile: +19292056099

**Panel Discussion For Newly-Diagnosed Gynecologic Cancer Patients**
February 15th, 6:00-7:00pm
Have you recently been diagnosed with ovarian, cervical, uterine or endometrial cancer and would like to learn more? A panel of multidisciplinary speakers will present. No registration is needed. Please use this link to access the webinar: https://bit.ly/334ooKX

**Woman to Woman Book Club**
February 22nd, 7:30-8:30pm
Join W2W volunteer Emily Mlynek, senior marketing manager at Penguin House, to discuss a range of selections. All are welcome, whether you’ve had a chance to finish the book (you may encounter spoilers).
This month’s book: The Things We Cannot Say by Kelly Rimmer
Join Zoom Meeting:
http://bit.ly/3qPqaXo
Meeting ID: 812 9687 7497
Call in- 929-205-6099
Support from Peers, the Arts, Spirituality, Mindfulness and More!

Multiple Myeloma Mindfulness Group
February 25th, 3:00-3:45pm

Multiple myeloma patients are invited to join Mary Vu, LMSW for a guided meditation session.

Contact Mary at mary.vu@mountsinai.org 212-824-8745

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

Concerts in Motion

You can join a multitude of concerts that feature two professional musicians and cover a wide variety of genres. The 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.

Patient and Family Centered Care Specialist

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

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

Peer to Peer Program

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

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

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

From our Partners at the Creative Center

Grief Workshop
Finding Peace in Painful Experiences: Grieving, Healing and Remembering Through Your Creative Practice
February 25, 4:00-5:30pm

This new offering is for anyone in our community who has lost a loved one in the past year, and is looking for some creative tools to grieve and commemorate loved ones.

To register:
https://us02web.zoom.us/meeting/register/tZAqd0ipqTggHNLrP3cjOGTgPrzYYQFjV8Oh

Individual Art Sessions with Artist in Residence Sascha Mallon
Enjoy individual zoom art sessions doing jewelry, painting, and many other art projects!

RSVP:
Saschacreativecenternyc@gmail.com
845-288-0166

Online Art Workshops

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

For more information:
info@thecreativecenter.org