

# DECEMBER 2024 CANCER SUPPORT & WELLNESS NEWSLETTER



We hope you make time to celebrate the holiday season with us at our Holiday Cheer celebration on December 12th 3-5pm at Chelsea, RSVP early to reserve your spot! Woman to Woman will be discussing coping with cancer during the holidays along with Sharsheret on December 17th at 12pm (virtual). The Cedar Club (Mandarin) group will be discussing coping with the holidays on December 17th at 2pm (hybrid). We added a new Wellness Wednesday series, this month will be discussing tips for how to talk about cancer with loved ones on December 11th at 1pm. We hope to see you at one of these programs in December! Wishing you a Happy Holiday season and a Happy New Year!



## Woman to Woman: Health, Happiness and the Holidays

Coping with a cancer diagnosis can be overwhelming. We must do all we can to preserve the activities, the special days, and the celebrations that bring us happiness. Join Melissa K. Rosen, Director of Training and Education at Sharsheret, to learn how to appreciate everyday moments and special occasions, and celebrate the holidays joyfully, despite exhaustion and anxiety in the face of cancer.

**Tuesday, December 17th at Noon**

Join Zoom Meeting:  
Meeting ID: 208 938 0884

## Holiday Cheer

Join us at Mount Sinai Chelsea for some holiday cheer! There will be crafts, snacks and a performance by our vocal ensemble. The celebration will include a number of giveaways in partnership with organizations like Style-Esteem, Love House Foundation, and more! RSVP to reserve your spot at [cssevent@mountsinai.org](mailto:cssevent@mountsinai.org), space is limited.

**Thursday, December 12th 3-5pm**

Mount Sinai Chelsea  
325 W 15th St Main Conference Room

## Cedar Club: Chinese Speaking Cancer Patient Support Group 雪松會-華人癌友互助會

Holiday season is here. Do you experience difficult feelings during this time? How can we cope with it?

節日季節來到了。在這段時間，你會不會有難受的感覺？如果有這樣的情況，我們該怎麼做呢？

Meet people with similar experiences. Let us support each other!

來認識有相似經歷的朋友。讓我們互相支持！

**Tuesday, December 17, 2:00 PM - 3:00 PM**

**325 West 15th St or join virtually**

星期二，12月17日，下午2點至下午3點

To join via computer:

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

通過電腦視頻加入會議的鏈接：

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 information, contact: Emma Mi Zhou, LCSW at [mi.zhou@mountsinai.org](mailto: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](mailto:mi.zhou@mountsinai.org) 或者電話212-

604-6095



## 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**

**December 9 & 23**

### Journaling Workshops meet:

**Wednesdays:**

**December 4, 11, 18**

**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

**Mondays**

**December 2 & 23**

**Wednesdays**

**December 11 & 18**

**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 alicefox@gmail 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**

*\*No class on 12/25*

Please email jerrysnee@msn.com for more info.

Makom Classroom or via Zoom Meeting

NEW Meeting ID: 811 7715 3302

NEW 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**

**December 2, 9 & 16**

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

## 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 [saschacreativecenternyc@gmail.com](mailto:saschacreativecenternyc@gmail.com) or [cibele@gmail.com](mailto: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](mailto:info@thecreativecenter.org)



## 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, December 17th  
12-1pm

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

## Caregivers of Loved ones with Cancer Support Group

Join this caregiver group to discuss topics such as self-care, strengths-based caregiving, honoring emotions, etc.

Monday, December 9th  
4-5pm

Zoom Meeting ID: 962 8790  
2381

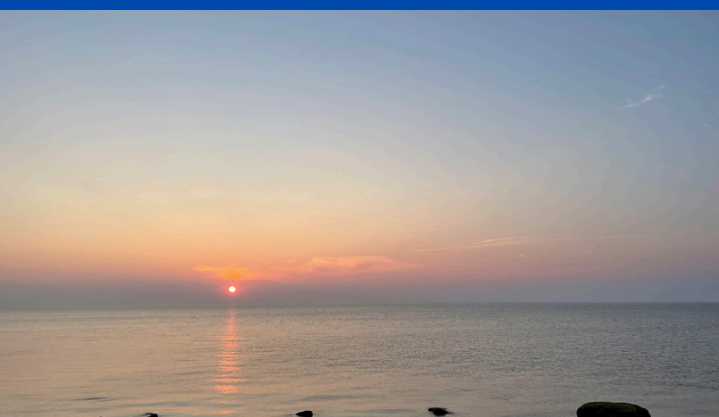
To learn more or RSVP:  
sara.stoffmacher@mountsinai.org | (212) 523 - 7188  
alysse.weinberg@mountsinai.org | (212) 523 -7194

## 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, December 11th  
11:00am-12:00pm

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



## 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, December 19th  
2-3pm

*\*meeting the 3rd Thursday this month*

To RSVP for the group, discuss additional availability and information please contact Mary Vu, LCSW at  
mary.vu@mountsinai.org  
OR 347-920-7634



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



## 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/>

Questions about Programming? Email [Alison.snow@mountsinai.org](mailto:Alison.snow@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.

Thursday, December 19th  
2-3pm

Facilitators: Jessica Waldman, LCSW  
RSVP to get the zoom link:  
[gioncsw@mountsinai.org](mailto:gioncsw@mountsinai.org)



### 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.

Tuesday, December 10th  
1-2pm

RSVP and Information:  
[Mariam.rahyab@mountsinai.org](mailto:Mariam.rahyab@mountsinai.org) or  
call 929-837-1119



### 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.

Tuesday, December 3rd  
1-2pm

For the zoom link information please contact: Mariam 929-837-1119 or Becky Goldstein, LCSW 347-880-5358



### 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](mailto: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](mailto:carly.abramson@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, December 9th  
12:15-1:15pm

RSVP and Zoom Information:  
[Mae.Ryan@mountsinai.org](mailto:Mae.Ryan@mountsinai.org) or  
646-942-6034



### 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*

December 3rd 4-5pm

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

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, December 3rd 6-7pm

Wednesday, December 18th 12-1 pm

RSVP to [www.lls.org/metny](http://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.

Thursday, December 12th at  
3pm

For more information and zoom link, please contact (212)824-8759  
[MMsocialwork@mountsinai.org](mailto: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, December 3rd & 17th

4-5pm

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

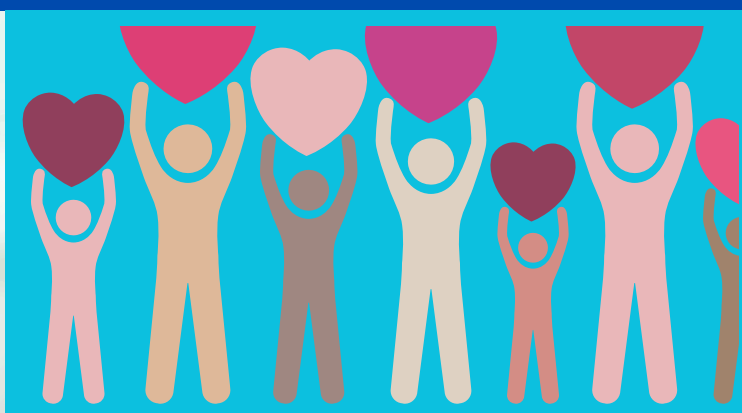


### Caring for the Caregiver Multiple Myeloma Caregiver Support Group

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, December 11th,  
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](mailto:Jaclyn.zingman@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, December 18th  
4:00pm

\*This month is the 3rd Wednesday of the month due to the holidays

RSVP and Zoom Information:  
[YuMee.song@mountsinai.org](mailto:YuMee.song@mountsinai.org)  
(212) 824-8771



### Bone Marrow & Stem Cell 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, December 4th  
1:00-2:00PM

RSVP and Zoom Information:  
[Ryan.Dritz@mountsinai.org](mailto:Ryan.Dritz@mountsinai.org)

Questions about Programming? Email [anna.gribetz@mountsinai.org](mailto: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](mailto: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](mailto: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](mailto: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.

**Tuesday, December 3rd**  
**6:30-7:30pm**

For more information and zoom link please call Marissa Piazzolla  
212-241-1258

### **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, December 4th**  
**6:30-7:30pm**

RSVP and receive zoom info 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, December 11th**  
**1:30-2:30pm**

For more information call  
212-241-7748

Questions about Programming? Email [carly.abramson@mountsinai.org](mailto:carly.abramson@mountsinai.org)



# ASK THE DIETITIAN: ALANNA



## How do I try to eat plant-based around the holidays?"

### What is plant based?

- A plant-based way of eating focuses on consuming mostly plant foods! Some examples include fruits, vegetables, legumes, nuts, grains. However, this way of eating does not exclude animal proteins. Lean proteins (chicken, turkey, fish, and eggs) can be included! Limited amounts of occasional red meat can also be part of the plant-based diet.
- When building a plant-based diet plate aim to have a minimum 2/3rd of the plate plant-based foods and 1/3rd or less animal products.
- A plant-based diet has been studied by the American Cancer Research Institute (AICR) for its cancer prevention.

### How to incorporate the plant-based diet during the holidays?

- The holiday season can be a fun time, full of gatherings and parties with friends and family!
- The plant-based diet can be easily applied during the holidays. Make sure to eat regular meals; this way you will not be overly hungry at parties.
- Use the building plate method above as a guide to build a more filling and plant-based plate while attending gatherings.
- Offer to bring an appetizer or a side that is plant forward!
- Remember that the holidays only happen once a year and it is okay to eat things you normally would not!

### Resources:

<https://www.aicr.org/resources/blog/what-is-a-plant-based-diet-aicrs-take/>

## Post-Treatment/ Survivorship Support Group

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

Co-facilitated by SW Interns: Elise Noonan & Dana Segal

## Thursday, December 5 & 19th 12-1pm

Zoom Meeting ID: 742 587 5532

For more information contact:

[Elise.noonan@mountsinai.org](mailto:Elise.noonan@mountsinai.org)/ 212-367-1715

## Wellness Wednesday Support

Join us for our Wellness Wednesdays group. Open to any people experiencing cancer who want to learn how to enhance their well-being in a support group setting. Meets monthly on the 2nd Wednesday of each month 1-2PM.

Upcoming group topics & dates:

## **Disclosure: Tips for how to talk about cancer with loved ones -** **December 11, 2024**

Wellness in the New Year: Discover activities to build resilience - January 8

Co-facilitated by SW Interns Daphne Pellegrino & Katherine Raguckas.

For more information contact:

[daphne.pellegrino@mountsinai.org/](mailto:daphne.pellegrino@mountsinai.org/)

212-523-7541

Zoom ID: 928 5807 7903

# Bereavement Support Groups

Mount Sinai offers Bereavement Support

## Virtual Bereavement Support Group-

December th 12-1pm

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>

Contact: Please reach out to the support group facilitator at [christina.lin2@mountsinai.org](mailto:christina.lin2@mountsinai.org) for any questions

## Navigating Grief, Loss and Bereavement

Dec 6th 2-3pm

Dec 18th 7:30-8:30pm

Meets virtually on zoom the 1st wed & 3rd Monday evening of the Month

RSVP: Prior to attending this group, please RSVP. To do so, and to receive Zoom information, please contact:

[MSHOncBereavement@mountsinai.org](mailto:MSHOncBereavement@mountsinai.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](mailto:boxoffice@mmjccm.org) for additional information.



## Advanced Care Planning Program online with Karpas Health- Save the Date

Nathalie Vieux-Gresham, MS, from the Tisch Cancer Institute within the Mount Sinai Health System is back to educate about advanced care planning and encourage other to discuss or write down their wishes for medical care should they become unable to communicate for themselves and discuss with those close to them. This program emphasizes the importance of preparing advance care directives with a doctor or other qualified healthcare professional and developing a healthcare proxy. The workshop also provides community members with resources and guidance on preparing a healthcare proxy and identifying individuals best suited for carrying out their healthcare desires if they are incapacitated.

## Thursday, January 30th at 1pm

Please visit

<https://www.mountsinai.org/about/karpas-health-community-outreach> to register



### Spirituality Group with Karen Terry

This group is open to anyone impacted by cancer. 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. Meets the third Thursday at 10am

#### Thursday, December 19th 10am

Please contact Chaplain Karen Terry at Karen.terry@mountsinai.org or 212-824-8129 with questions.

Zoom Meeting ID- 978 6019 0373  
Call in- 646-931-3860

### Woman to Woman: Virtual Visit with the Museum of Modern Art (MoMA)'s exhibition Vital Signs: Artists and the Body

Please join us for The Museum of Modern Art's virtual program with The Creative Center and Mount Sinai's Woman to Woman Support Group. A staff educator will lead a discussion around the Museum's current exhibition Vital Signs: Artists and the Body, exploring some of the ways that contemporary artists reflect on abstraction while expanding ideas around what it means to be an individual within society and connect with others. A majority of works in the exhibition were made by artists who are women or gender-expansive.

#### Wednesday, December 18th at 2:00pm

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.

#### December 6th 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

\*not meeting on 12/25

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, December 16th 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, December 10th 12-1:15pm

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





## 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](mailto:womantowoman@mountsinai.org) for assistance. **Dec Book: Jilian's pick! From Here to the Great Unknown: A Memoir by Lisa Marie Presley, Riley Keough**

**December 11th at 7:00pm**

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

## Thriving with Woman to Woman

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.

*Note: Different day/time for this month only! Normally, meets the fourth Tuesday of every month*

**Monday, December 9th at 12pm**

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



## 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](mailto:oncologymassage@mmjccm.org) or call 646.467.9239 for details.



## 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](mailto: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.



## 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 Impacted by Breast or Ovarian 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**

\*No class 12/26

In person room Mezzanine Classroom

Meeting ID: 889 9483 5222

Passcode: jccHealing



## 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.



## 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: December 6, 13, 20**  
**11:30-12:30**

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](mailto:boxoffice@mmjccm.org) for additional info



## 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](mailto:boxoffice@mmjccm.org)/ 646-505-5708

Questions about JCC Programming? Email [boxoffice@mmjccmanhattan.org](mailto: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, 18 de Diciembre 4:00pm a 5:00 pm**

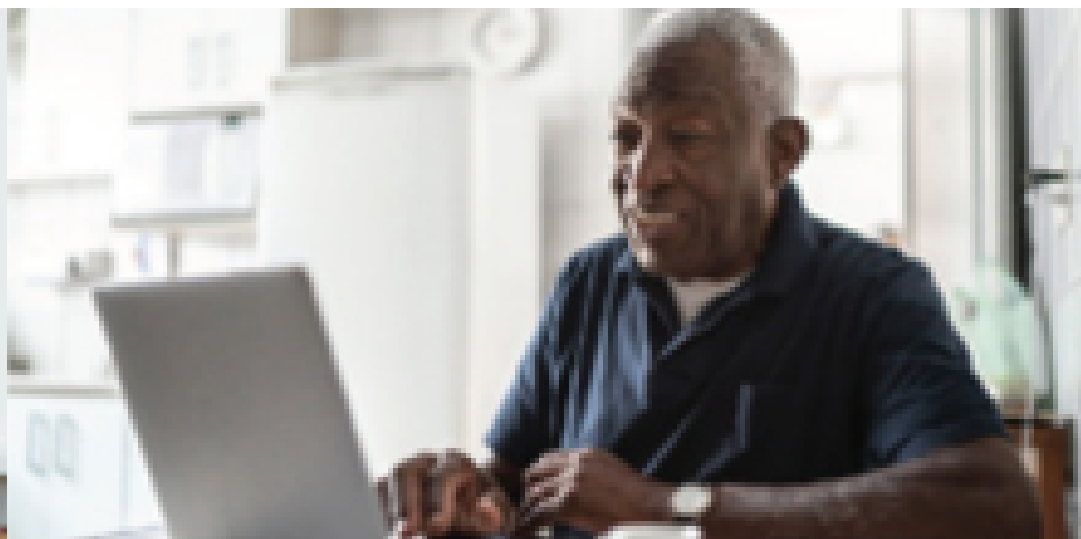
**<https://mountsinai.zoom.us/j/98591887958>**

**Meeting ID: 985 9188 7958**

**Mayor información contactar Beatriz Garcia:  
[beatriz.garcia@mountsinai.org](mailto: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



## 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 17 de Diciembre a las 3 pm**

Para mas informacion visite [www.lls.org/metny](http://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](mailto:charlotte.mcdermott@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](http://www.reddoorcommunity.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, 18th de Diciembre 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](mailto:GRUPOSDEAPOYO@SHARECANCERSUPPORT.ORG)

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