

ONCOLOGY SUPPORT PROGRAM OF HEALTHALLIANCE HOSPITAL



A newsletter for cancer patients,
their families and friends.

Celebrate Life!

May/Jun/Jul/Aug 2024

ONCOLOGY SUPPORT PROGRAM of HEALTHALLIANCE HOSPITAL

is dedicated to supporting people living with cancer. OSP offers innovative programming, education and comprehensive psychosocial support. We honor the spectrum of human diversity and provide a nurturing environment that promotes dignity, wellness and celebrates the fullness of life.

Since 1994

**Individual and Group Support—Healing Arts Classes—Wellness & Integrative Programs—
Educational Lectures and Discussion Groups—Library of Cancer-Related Books/Resources**



SUPPORT GROUPS/PROGRAMS are being held Virtually, In-person at the Cancer Support House (CSH) or as Hybrid. Please contact OSP for more information about the group or program you are interested in attending.

Oncology Support Program

Mailing Address: 105 Mary's Ave., Kingston, NY 12401

Location: Herbert H. & Sofia P. Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY

Phone: (845) 339-2071 Fax: (845) 339-2082

Email: oncology.support@hahv.org

Website: <https://www.hahv.org/oncology-support-program>

ADVANCING CARE. HERE.



**HealthAlliance
Hospital**

Westchester Medical Center Health Network

Greetings from OSP



Spring has arrived to our beautiful Hudson Valley. The staff and volunteers of the Oncology Support Program look forward to staying connected during the months ahead as we continue to provide compassionate care to our cancer community. OSP support groups, healings arts and educational programs offer a place where people living with cancer can share common concerns, learn from one another, create together and receive help accessing valuable resources. You need not be alone in facing a cancer diagnosis. OSP is here to support you through all the phases of the cancer experience.

Mark your calendars --our 24th annual cancer survivors' event will take place on the evening of Thursday, May 30th at the Robert Post Park on the Hudson River. The title of the event is "*Healing Connections*." With inspirational speakers, beautiful music, a candle-lighting ceremony and delicious food, the event will indeed be a healing and connecting experience for all who attend. Regardless of where you are in your cancer journey, join us and bring the family and friends who have been your sources of connection and healing.

Please take a look at this OSP newsletter and make note of our rich array of programs which exist due to the generosity of our community and the support of our parent organization, Westchester Medical Center. We thank our inpatient hospital and outpatient Infusion Center staff for providing compassionate care to patients during their most vulnerable moments. Gratitude to our volunteers for giving of themselves and helping others find comradery, meaning and comfort during challenging times. Thank you all for contributing to the culture of support our community so deserves.

With heartfelt gratitude, Ellen Marshall, MS., LCSW-R, OSW-C Director of the Oncology Support Program

ONCOLOGY SUPPORT PROGRAM STAFF (845) 339-2071

OSP Director & Oncology Social Worker: Ellen Marshall, MS. LCSW-R, OSW-C, ext. 103, ellen.marshall@wmchealth.org

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Social Worker: Catherine Gleason, PhD, LMSW ext. 102, catherine.gleason@wmchealth.org

Administrative Assistant: Doris Blaha, ext. 100, doris.blaha@wmchealth.org

Founder: Barbara Sarah, LCSW

THANKS TO OUR VOLUNTEERS:

Abigail Thomas, Craig Mawhirt, Marilyn Fino, Beverly Nielsen, Mare Berman, Betty Gilpatric, Annie LaBarge, Marianne Neifeld, Bettina Zumdick, Marion Yahoushkin, Jean Wolfersteig, Sara Loughlin, Barbara Peterson, Torin Murphy, Gene Fischer, our Nurturing Neighbors and fabulous volunteers.

THANK YOU TO OUR DONORS:

Jewish Federation of Ulster County
Janet Dow Donald Murat

Newsletter:

Writer and Editor: Ellen Marshall

Graphic Designer: Doris Blaha

Proofreader: James Askin

The information in this **newsletter** is for educational purposes only and is not intended to be used as medical advice. Please consult your physician about questions regarding your treatment.

You can also find this newsletter at:

<https://www.hahv.org/celebrate-life-newsletter>



We thank Dominique Paris for her time at the Oncology Support Program and wish her all the best!

"The year and a half that I spent at OSP has been an invaluable experience. It has been an honor working with my fellow co-workers, the infusion staff, and all of the patients who allow us to be a part of their lives. I have loved working with each of you – your strength inspires me each day. This program will forever hold a special place in my heart!"
— **Dominique Paris, LMSW**

Welcome Jared Rumsey, Mental Health Counseling Intern

For nearly a decade, I have called Kingston my home and I look forward to joining OSP as a MHC Intern through the SUNY New Paltz Master's Program. I have been closely touched by friends and family members who have experienced cancer and I have a desire to support folks with empathy and unconditional positive regard. My therapeutic interests involve existential-humanism and I have found the writings of Stephen Levine, Irving Yalom, Gabor Maté, and Viktor Frankl to be inspiring foundational guideposts. I look forward to sharing the spring and summer with you. — **Jared Rumsey**



SUPPORT GROUPS AT OSP

If you would like to join a group, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org
Group facilitator will inform you if group is virtual, in-person at CSH (Cancer Support House) or Hybrid.

Women's Cancer Support Group

2nd Wednesdays, May 8, June 12, July 10, Aug. 14
12:00—1:30 p.m.

facilitated by Catherine Gleason, PhD., LMSW
3rd Wednesdays, May 15, June 19, July 17, Aug. 21
5:30—7:00 p.m.

facilitated by Ellen Marshall, LCSW-R, OSW-C

Share common concerns and learn about living with cancer during and after treatment. For women of any age, at any stage, with any kind of cancer.

Coping Skills for Cancer

1st Tuesdays, May 7, June 4, July 2, Aug. 6
12:00—1:30 p.m.



facilitated by
Ellen Marshall, LCSW-R, OSW-C
& Sara Loughlin, MHC

Whether newly diagnosed with cancer, a cancer survivor or a caregiver, a cancer diagnosis can be overwhelming. In this group, we will explore practical skills to help regulate our nervous systems and find inner balance as we face cancer-related stressors, from medical anxiety to fear of recurrence.

This group integrates techniques of somatic experiencing, DBT, EFT, yoga breathing practices and mindfulness.

Younger Women's Cancer Support Group

4th Tuesdays, May 28, June 25, July 23, Aug. 27
5:30—7:00 p.m.

facilitated by Ellen Marshall, L.CSW-R, OSW-C
Share concerns common to young women with cancer: body image, managing work, sexuality and intimacy, relationships, fertility, talking to children about cancer. For women, age 55 and younger, with any type of cancer.

Living with Advanced Cancer

2nd Mondays, May 13, June 10, July 8, Aug. 12
2:00—3:30 p.m.

facilitated by James Askin, LMSW

A group for individuals with advanced stage or recurrent cancer who wish to connect, share coping strategies and explore ways to find meaning and purpose in light of a life-altering diagnosis.

Men's Cancer Support Group,

1st Thursdays, May 2, June 6, Aug. 1
6:00—7:00 p.m.

facilitated by James Askin, LMSW

A supportive, confidential setting for men who have been diagnosed with any type of cancer.

Caregivers' Support Group,

3rd Mondays, May 20, June 17, July 15, Aug. 19
6:00—7:30 p.m.

facilitated by James Askin, LMSW

Mutual support for the unique challenges of caring for a loved one with cancer.

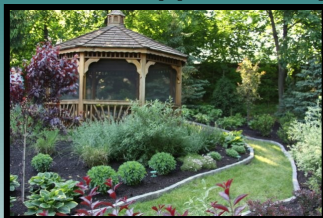
Loss and Bereavement Support Group

2nd Wednesdays, May 8, June 12, July 10, Aug. 14
10:00—11:30 a.m.

facilitated by Mare Berman, LCSW-R

Grief is often many layered. You may have experienced the death of a parent, partner, child or friend from illness; other losses may be stirred up as we grieve. Through guided meditation, mindfulness and sensory awareness, we will explore, share and process our unique loss experiences in a non-judgmental environment that supports our healing.

Linda Young Ovarian Cancer Support Group



Linda's
Healing
Garden



4th Wednesdays, May 22, June 26, July 24, Aug. 28
5:30—7:00 p.m.

facilitated by Ellen Marshall, LCSW-R, OSW-C
An informative and supportive setting for women diagnosed with ovarian cancer at any stage.

NURTURING NEIGHBOR NETWORK



Are you facing a cancer diagnosis? Would you benefit from one-on-one support from someone who's been through it? You might like to be matched with a

Nurturing Neighbor: local volunteer cancer survivor, trained through OSP to offer peer support.

For further information on linking with a Nurturer or becoming one yourself, please contact OSP at (845) 339-2071 or email: oncology.support@hahv.org

OSP Memoir Writing Workshops

Members of the OSP community have an opportunity to support one another by writing and sharing life stories.



Mondays with Annie La Barge:

4:00—5:30 p.m.



Thursdays with Abigail Thomas:

3:00—5:00 p.m.

For information or to join a writing group, please call (845) 339-2071 or email: oncology.support@hahv.org
(Groups are taking place virtually until further notice.)

POEM by Josette Lee

What is normal?

*Normal is waking
To a sky full of lead
And not giving in.*

*Normal is waking
To dull green earth
And not giving up.*

*Normal is knowing
Birds are winging my way.
Birds of every
color, shape and size.*

*Singing birds
Squabbling birds
Darting, swooping, pecking birds.*

*They are alive.
They celebrate.*

*Normal is being aware
death waits and living joyfully.*

*Normal is acceptance
in the face of doubt, fear, rage.*

*Normal is curiosity and openness,
wonder, respect, gratitude.*

*Normal is patience while waiting for
Spring.*

Spring and its promises.

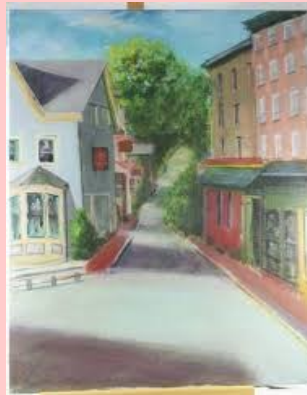
March 25, 2023

CREATIVE ARTS

Summer Painting Series with Howard Miller

Please join us for supportive instruction in acrylic painting with talented and well-known local artist, Howard Miller

No art experience is necessary.
Let's learn, share and be creative together!



Church Street, New Paltz
by Howard Miller

First Tuesdays, 1:30—3:30 p.m. In-person at CSH.

May 7, June 4, July 2, Aug. 6

For more information, call OSP at (845) 339-2071 or email: oncology.support@hahv.org

Songwriting Workshop

Songwriting is a practice that can help you tap into your emotions and creativity. Activities include lyric and song writing, music sharing and processing emotional connections to music.

Join us as we explore your inner voice through music and song.



3rd Tuesdays, May 21, June 18, July 16, August 20, 6—7:00 p.m.



Virtual via computer or phone. For more information, call OSP at (845) 339-2071 or email: oncology.support@hahv.org

KID/TEEN/FAMILY Connection

Children or teens may be confused, angry or sad when someone they love is diagnosed with cancer. How do we speak about a cancer diagnosis in age-appropriate ways?

If you know a child or teen in need of support or would like to meet with an OSP Social Worker to discuss talking to your child or teen about cancer, please call OSP at (845) 339-2071.



The Oncology Support Program has partnered with **For Pete's Sake Cancer Respite Foundation** to nominate cancer patients, ages 21-55, to receive a **Travel or Staycation Respite** with their families. For info, go to: takeabreakfromcancer.org and call OSP at (845) 339-2071.



WELLNESS/EXERCISE PROGRAMS

If you are interested in attending, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org

Classes are Virtual until further notice. Donations appreciated.

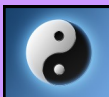


Tai Chi Zoom class with Annie LaBarge: Mondays, 10:00-11:00 a.m. Learn long-form Yang-style Tai Chi, a moving meditation and slow-motion martial art. The practice increases cognition, strength, balance and flexibility.



Yoga with Marianne Niefeld and guest instructors: Wednesdays, 10:00-11:00 a.m.

A Kripalu-style gentle yoga class that stretches, strengthens, focuses the mind and awakens your energy through movement and breathing.



Medical Qi Gong with Betty Gilpatric: Fridays, 8:00-9:15 a.m. Learn simple yet powerful techniques based on traditional Chinese healing practices to improve your health and sense of well-being. EBQT or Evidence-based Qigong was developed by Dr. Yan Yang, PhD, a researcher and instructor at Memorial Sloan Kettering Cancer Center. There are also a few YouTube videos you can watch on your own. The links are:

Warm Ups: <https://youtu.be/FhmcPM0U9e0> **8 Brocades of Silk:** <https://youtu.be/8q1PVbh2ysM>

YOGA NIDRA for Deep Relaxation with Jean Wolfersteig:

Yoga Nidra or “yogic sleep” refers to a specific guided meditation practice that helps us awaken at every level of our being—physical, energetic, emotional, mental, intuitive and spiritual. In this practice, we are suspended in the space between wakefulness and sleep, an open and receptive state that we visit naturally before falling asleep. There is greater receptivity to our own healing wisdom when we are completely relaxed. We arise from Yoga Nidra practice feeling refreshed and alert, with more clarity and self-awareness. All you need to do is lie down and listen. There is nothing to do. Nowhere to go. You can't do anything wrong. Please join us for this deeply relaxing session.

2nd Thursdays, May 9, June 13, July 11, Aug. 8, 6:00-7:00 p.m. (Virtual via computer or phone)

Moving for Life Dance Exercise for Health



Dance Exercise is geared to women recovering from breast and other cancers. Classes include a warm-up, gentle aerobics and strength training through dance, followed by a cool-down.

For a list of classes, go to <https://www.movingforlife.org/classes>

Advance Care Planning



Oncology Support Program Social Workers are available to help you complete Advance Directives—documents that ensure that your wishes and choices regarding medical treatment are known if you become unable to advocate for yourself at end of life. We can help you prepare your Health Care Proxy and Living Will. Although a physician is required to sign the MOLST, we can discuss the form

with you. Call OSP at (845) 339-2071 to make an appointment to get the information and support you need.

Miso Cooking Club with Bettina Zumdick

Virtual until further notice. Classes will be recorded and made available to those registered. Advance registration is requested to: oncology.support@hahv.org

Tuesday, May 14 at 11:30 a.m.

Enjoy these dishes at your next garden party potluck.

RECIPES:

Sweet Potato Lime Salad

Brown Rice and Millet Burgers with Aioli

Blanched Broccoli



Miso Cooking Club formed in 2005 to support prevention, healing and recovery through healthy eating practices incorporating a plant-based diet. All classes feature Bettina Zumdick, chef, teacher, author and co-director of Planetary Health.

For more information about Bettina or to view a listing of her own class offerings, visit www.culinarymedicineschool.com

24th Annual Cancer Survivors Celebration “Healing Connections”



- » Candle Lighting Ceremony
- » Inspirational Speakers
- » Music
- » Delicious Light Supper

We welcome cancer survivors, their loved ones and hospital staff.

This will be an outdoor event at the Robert E. Post Park on the Hudson River.



Please join us for this special event to honor our cancer survivors in recognition of National Cancer Survivors Day.

**Thursday,
May 30, 2024**

5:30 p.m.

**594 Park Road
Kingston, NY**

Reservations required.

Please call the Oncology Support Program at 845.339.2071, or email Oncology.Support@hahv.org

Free and open to the public.

Self-Help Techniques based on Principles of Chinese Medicine with Patricia Holtz, L.Ac



In this workshop, Licensed Acupuncturist, Patricia Holtz, will offer safe and effective self-help techniques based on principles of Eastern Medicine that can help improve energy, reduce stress and address cancer or treatment-related effects.

For information about Patricia, go to: <http://partriciaholtz.com>

Wed. July 10, 5:30—7:00 p.m.

(Hybrid Program—in person at the Cancer Support House and virtual via computer or phone)

To register, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org

CANCER & FINANCE

The **Oncology Support Program** partners with the **Resource Center for Accessible Living** to help you address questions about **cancer and finances:**

* *How do I apply for disability?*

**How does a “Pooled Trust” help me qualify for Medicaid?*

**What is the Medicare Savings Plan and EPIC?*

Schedule a meeting with **Benefits Advisor of RCAL** for an informational session at the Cancer Support House;

**1st Wednesdays: May 1, June 5, July 3, Aug 7
2:00—4:00 p.m.**

To make an appointment, please call OSP at (845) 339-2071 or email: oncology.support@hahv.org

Ostomy Support Group

Do you have questions that you would like answered by a Nurse who specializes in wound-healing and ostomy support? Would you like to share experiences and learn from others in order to maintain or improve your quality of life while living with an ostomy? You are welcome to join this informative and supportive group.

2nd Tuesdays,

May 14, June 11, July 9, Aug. 13

4:00—5:00 p.m.

at the Cancer Support House
facilitated by **Barbara Peterson, RN, CWOCN,**
Certified Wound Ostomy Continence Nurse

Personalized Wig Fittings

OSP has an inventory of donated wigs that are available free of charge to women undergoing chemotherapy.

We thank **Nina Marinova**, who has been a hairstylist for over 10 years, for volunteering at OSP.

To make an appointment for a wig fitting with Niina at the Cancer Support House,

please call OSP at (845) 339-2071 or email: oncology.support@hahv.org



Office for the Aging/ NY Connects:

Assists with supports for elderly (60+) and disabled: Legal counsel, Medicare counseling, home care services, Med-Alerts, Transportation, Home-delivered meals to residents 60+ on a limited income. Go to: <https://ulstercountyny.gov/aging> or call: (845) 340-3456



Resource Center for Accessible Living (RCAL):

Assists with benefits applications and advisement, Medicaid coordination, Pooled Trusts, Nursing Home Transition & Diversion. (845) 331-0541 <https://www.rcal.org>



Legal Services of the Hudson Valley:

Free legal services for financially eligible individuals. (845) 331-9373



EPIC (Elderly Pharmaceutical Insurance Coverage Program):

Additional drug coverage and premium assistance for seniors (over 65) with Medicare Part D who financially qualify. (800) 332-3742



Jewish Family Services of Ulster:

In-home, non-sectarian supportive mental health counseling. Caregiver Support. Shopping for seniors in coordination with the Jewish Federation. (845) 338-2980 <https://jfsulster.org/>



Ulster County Community Action Fruit/Vegetable Distribution

Kingston, Highland, Ellenville locations: (845) 338-8750 <https://uccac.org>



Family Reach: Free resources for food, housing, utilities and transportation.

(857) 233-2764 <https://familyreach.gethelp.com/>



Peoples Place: Thrift store, food pantry, community café,

<https://www.peoplesplace.org> (845) 338-4030



The People for People Fund:

Assistance for temporary financial need (845) 343-1663 <https://www.peopleforpeoplefund.org/>



Catholic Charities: (financial help)

(845) 340-9170 <https://catholiccharitiesny.org/>



Sparrow's Nest: cooks & delivers homemade meals to families living through a cancer diagnosis

(845) 204-9421 <https://www.sparrowsnestcharity.org>



Breast Cancer Options:

Support, health advocacy & information. Peer-led Breast Cancer Support Groups, Camp Lightheart for children of breast cancer survivors, and annual Metastatic Breast Cancer Retreat (845) 339-HOPE <https://www.breastcanceroptions.org>



Local Financial Assistance:



Rosemary D. Gruner Memorial Cancer Fund:

<https://benedictinehealthfoundation.org/financial-and-support-programs/gruner-fund/>

\$500 Hannaford's and/or Stewart's gas cards annually to financially eligible people in active cancer treatment. Contact the Benedictine Health Foundation. Call: (845) 481-1303. Fax: (845) 663-2221



Miles of Hope Fund for Breast Cancer Patients: www.milesofhope.org

Ulster & Greene Counties: Cornerstone Family Vanessa

Romero, Grants Coordinator: Phone: (845) 926-3623

Fax: (877) 893-4349 Email: Vromero@cornerstonefh.org

Dutchess County: Community Action Partnership of Dutchess County Liz Spira, CEO Phone: 845-452-5104 x103

Fax: (845) 625-1510 Email: Espira@dutchesscap.org

Other Contacts:

<https://milesofhope.org/programs/financial-assistance/>



Transportation Resources

- Seniors 60 or older: Free bus twice weekly to medical appointments and once a week for shopping. Complete an application with **Office for the Aging (NY Connects)** by calling (845) 340-3456
- Call UCAT at (845) 340-3333 for a ride or download the application at: [Senior Services | Ulster County \(ulstercountyny.gov\)](http://SeniorServices|UlsterCounty(ulstercountyny.gov))
- Paratransit ADA** for those with a disability. Must complete an application. For information, call (845) 334-8135 or go to: <https://ucat.ulstercountyny.gov/ada-paratransit/>
- If you have active **Medicaid** and need assistance with transportation to medical appointments, call: (866) 932-7740 or (866) 287-0983 or schedule **online with MAS**. Go to: medanswering.com Advance notice required.
- Neighbor-to-Neighbor Program** Volunteer drivers for eligible seniors. Call (845) 443-8837 or go to: [Program Neighbor-to-Neighbor Transportation Program: \(ny.gov\)](http://ProgramNeighbor-to-NeighborTransportationProgram.ny.gov)
- The American Cancer Society's Road to Recovery Program** offers cancer patients free transportation to cancer-related medical appointments. **To request a ride** or if you are interested in becoming a **volunteer driver**, please contact ACS at (800) 227-2345 or visit: <https://www.cancer.org/drive>

Online Resource Guide for Cancer Community



May 2024

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gentle Yoga 10-11am Cancer & Finance 2-4pm	2 Memoir Writing Workshop 3-5pm Men's Support Group 6-7pm	3 Medical Qigong 8:00-9:15am	4
5 	6  Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	7 Coping Skills for Cancer 12-1:30pm Creative Arts "Summer Painting" 1:30-3:30pm	8  Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Group 12-1:30pm	9 Memoir Writing Workshop 3-5pm Yoga Nidra 6-7pm	10 Medical Qigong 8:00-9:15am	11
12 	13 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm Memoir Writing Workshop 4-5:30pm	14 Miso Cooking Club "Delicious Dishes to Bring to a Picnic" 11:30am Ostomy Support Group 4-5pm	15 Gentle Yoga 10-11am Women's Evening Support Group 5:30-7pm	16 Memoir Writing Workshop 3-5pm	17 Medical Qigong 8:00-9:15am	18
19	20 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm Caregivers' Support Group 6-7:30pm	21 Songwriting 6-7pm	22 Gentle Yoga 10-11am Ovarian Support Group 5:30-7pm	23 Memoir Writing Workshop 3-5pm	24 Medical Qigong 8:00-9:15am	25
26	27  CLOSED	28 Younger Women's Support Group 5:30-7pm	29 Gentle Yoga 10-11am	30 Memoir Writing Workshop 3-5pm Cancer Survivors Celebration at Robert Post Park 5:30pm	31 World No Tobacco Day	

June 2024

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	4 Coping Skills for Cancer 12-1:30pm Creative Arts "Summer Painting" 1:30-3:30pm	5 Gentle Yoga 10-11am Cancer & Finance 2-4pm	6 Memoir Writing Workshop 3-5pm Men's Support Grp. 6-7pm	7 Medical Qigong 8:00-9:15am	8
9	10 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm Memoir Writing Workshop 4-5:30pm	11 Ostomy Support Group 4-5pm	12 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Group 12-1:30pm	13 Memoir Writing Workshop 3-5pm Yoga Nidra 6-7pm	14 Medical Qigong 8:00-9:15am	15
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23	24 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	25 Younger Women's Support Grp. 5:30-7pm	26 Gentle Yoga 10-11am Ovarian Support Group 5:30-7pm	27 Memoir Writing Workshop 3-5pm	28 Medical Qigong 8:00-9:15am	29
30 						

July 2024

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	2 Coping Skills for Cancer 12-1:30pm Creative Arts "Summer Painting" 1:30-3:30pm	3 Gentle Yoga 10-11am Cancer & Finance 2-4pm	4 Independence Day  CLOSED	5 Medical Qigong 8:00-9:15am	6
7	8 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm Memoir Writing Workshop 4-5:30pm	9 Ostomy Support Group 4-5pm	10 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Group 12-1:30pm Chinese Medicine Self-Help Techniques 5:30-7:00pm	11 Memoir Writing Workshop 3-5pm Yoga Nidra 6-7pm	12 Medical Qigong 8:00-9:15am	13
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28	29 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	30	31 Gentle Yoga 10-11am			

August 2024

Please contact OSP to determine if program is virtual, in-person at CSH or hybrid.
Call the Oncology Support Program 845-339-2071 for more information.

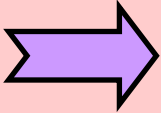
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4	5 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	6 Coping Skills for Cancer 12-1:30pm Creative Arts "Summer Painting" 1:30-3:30pm	7 Gentle Yoga 10-11am Cancer & Finance 2-4pm	8 Memoir Writing Workshop 3-5pm Yoga Nidra 6-7pm	9 Medical Qigong 8:00-9:15am	10
11	12 Tai Chi 10:00-11:00am Living with Advanced Cancer 2:00-3:30pm Memoir Writing Workshop 4-5:30pm	13 Ostomy Support Group 4-5pm	14 Gentle Yoga 10-11am Loss & Bereavement Group 10-11:30am Women's Support Group 12-1:30pm	15 Memoir Writing Workshop 3-5pm	16 Medical Qigong 8:00-9:15am	17
18	19 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm Caregivers' Support Group 6-7:30pm	20 Songwriting 6-7pm	21 Gentle Yoga 10-11am Women's Evening Support Group 5:30-7pm	22 Memoir Writing Workshop 3-5pm	23 Medical Qigong 8:00-9:15am	24
25	26 Tai Chi 10:00-11:00am Memoir Writing Workshop 4-5:30pm	27 Younger Women's Support Grp. 5:30-7pm	28 Gentle Yoga 10-11am Ovarian Support Group 5:30-7pm	29 Memoir Writing Workshop 3-5pm	30 Medical Qigong 8:00-9:15am	31



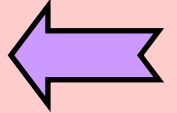
HealthAlliance Hospital, WMC Health Network
Oncology Support Program
105 Mary's Avenue
Kingston, NY 12401

Location:
Herbert H. & Sofia R. Reuner Cancer Support House
80 Mary's Avenue, Kingston, NY 12401

We are trying to go PAPERLESS.



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Financially Support the Oncology Program All Year Round!

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