



Tisch Cancer Center

MAY 2024 CANCER SUPPORT & WELLNESS NEWSLETTER



May is Mental Health Awareness month, join the self-massage workshop on May 14th at 2pm. Also check out our coping with body image concerns and cancer workshop on May 22nd at 1:30pm. On May 4th there is an exciting patient and caregiver hybrid summit with the Multiple Myeloma Research Foundation. We hope to see you at one of our exciting May programs!

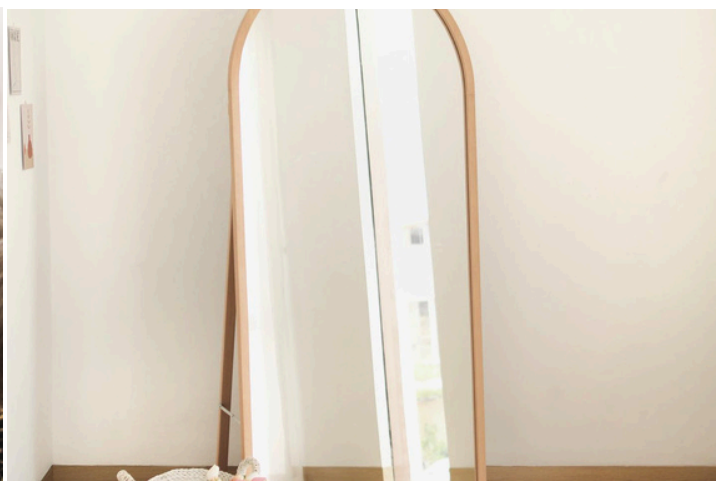


Multiple Myeloma Research Foundation Patient & Caregiver Summit in Collaboration with Mount Sinai

Mount Sinai and The Multiple Myeloma Research Foundation (MMRF) invite you to join us for a FREE Patient and Caregiver summit that will provide multiple myeloma patients, their families and caregivers, with the most up-to-date information on myeloma management from doctors and other experts in the field. Our faculty will provide relevant and timely information on: Diagnosis, prognosis, and risk, initial therapy, treating relapsed/refractory myeloma, immunotherapy, supportive care. Join us in person or online!

Saturday, May 4, 8am-12:30pm
West Side YMCA 5 W 63rd St

Learn more and register today at TheMMRF.org/PS-504. Pre-registration for in-person attendance is required, as space is limited. Free onsite breakfast and lunch will be provided for in-person registrants. Questions? Contact bohorquezv@themmrf.org



Coping with Body Image Concerns and Cancer Workshop

Cancer, and its treatment, can cause many physical changes that are difficult to cope with and negatively impact the way we see ourselves and our bodies. Join us for a virtual workshop where we will explore common body image concerns, learn the principles of mindful self-compassion in an effort to reduce body shame and promote a more integrated sense of self.

Wednesday, May 22nd
1:30-3pm

WORKSHOP WILL TAKE PLACE ON ZOOM LINK PROVIDED UPON RSVP

RSVP:
Kaitlin.Levin@mounsinai.org



Mental Health Awareness Month: Self-Massage Workshop

Join licensed massage therapist's Lauren Fisch, LMT and Jennifer Ashton, LMT to learn self-care techniques on this informative webinar. Massage can lower feelings of anxiety and improve mood. Research supports that massage can relieve stress for cancer patients. In this workshop you will learn:

- *self massage techniques
- *mind/body exercises
- *movements designed to reduce stress and promote a sense of ease.

You will leave the workshop with simple tools that you can incorporate into your daily life in order to enhance your well being.

Tuesday, May 14
2:00-3:00pm

Zoom Webinar ID: 955 1347 9457



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 May 13 & 27

Journaling Workshops meet:
Wednesdays: May 1, 8, 15, 22, 29

3:00-4:00pm

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



Meditation with Alice

Join Alice Fox for her virtual guided meditation on Wednesdays.

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

11:00-12:00PM

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



Vocal Ensemble

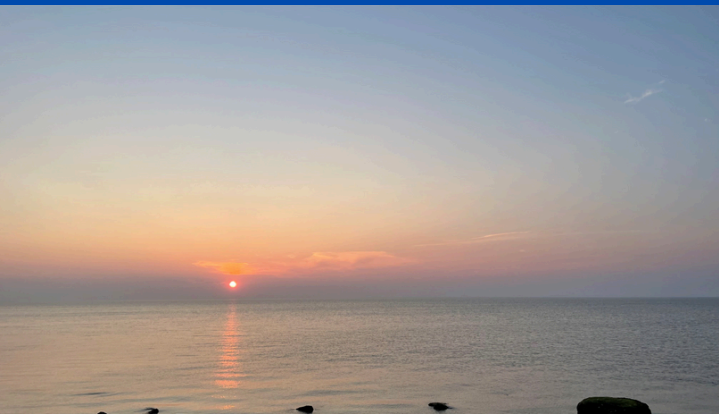
Join our Mount Sinai Vocal Ensemble for a little musical delight. Join in whether to sing yourself or to enjoy a little music from the comfort of your own home. The group meets on Zoom and is led by the talented Michael Inge.

Mondays May

6, 13, & 20

1-2pm

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



Relaxation Techniques to Prepare for Cancer Surgery

Connecting mind and body with meditation and hypnosis.

Benefits

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

improving sleep, less pain and shorter recovery time. Last

Thursday of the month 2-3pm.

Thursday, May 30

2-3pm

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

OR 347-920-7634



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

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

Wednesdays 3:00-4:30pm

Please email jerrysnee@msn.com for more info.

Makom Classroom or via Zoom Meeting

Meeting ID: 860 3585 6126

Passcode: jccyogamen

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



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



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 8th
at 11:00am-12:00pm

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



The Cedar Club: Chinese-Speaking Cancer Support: Coping with Burnout

Join us for a discussion about coping with burnout.
來和我們一起討論應對過度疲勞的技巧。

What is burnout? What can we do when we feel overwhelmed?

什麼叫做過度疲勞? 當我們感覺不知所措的時候, 該怎麼做呢? Meet people with similar experiences. Let us support each other!

來認識有類似經歷的朋友。讓我們互相支持!

Tuesday, May 28, 2:00 PM - 3:00 PM

星期二, 5月28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:

<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 information, please

contact: Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 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 212-604-609



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.

Tuesdays
3-4pm

RSVP and Information:
Mariam.rahyab@mountsinai.org or call 929-837-1119 or Rebecca Goldstein, LCSW 347-880-5358

Ostomy Support

Ostomy Support Group

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

Thursday, May 9th,
3-4pm

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



Glioblastoma & Brain Tumor Support Group

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

Thursday May 2nd
at 1:00pm-2:00pm

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

Thursday, May 16th at 5:30pm

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



Lung Cancer Support Group

Join this drop-in group for adults with lung cancer. Share, connect and learn from each other in a supportive atmosphere. This group is facilitated by a licensed social worker. Please join us for an open-ended Lung Cancer support group! Second Monday of the month. Hybrid group (1176 5th Ave 1st floor conference room).

Monday, May 13th
12:15-1:30pm

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



Young Adult Virtual Support Group for Gastrointestinal Cancer Patients

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

May 15th
2-3pm

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



Post-Treatment Survivorship Support Group

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

Friday, May 3rd
12pm-1pm

Zoom Meeting ID: 742 587 5532

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



Caregiver Support Group

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

Monday, May 6 4-5 PM

Online via Zoom ID # 948 9031 3570
Facilitated by Social Work Intern Madison Hankin To learn more or RSVP, Madison.Hankin@mountsinai.org or (212) 523 -7194

Support for Caregivers: 3rd Tuesday of the Month

May 21 12-1pm

RSVP for the zoom Oscar.duran@mountsinai.org



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.

May 8th
2-3pm

For the zoom link information please contact: Mariam 929-837-1119



Lung Force Walk

Join us and turn small steps into bold strides toward a world without lung cancer and lung disease. Come out and celebrate the tenth anniversary of the LUNG FORCE Walk NYC; It doesn't matter how you roll, whether you like to saunter, power-walk or stroll.

There's a Walk Your Way virtual option for those who can't make it to the event.

The LUNG FORCE Walk provides critical funds for lifesaving research, early detection initiatives, and awareness outreach to vulnerable communities.

Register today and save your spot. Feel free to contact us if you have any questions about this year's event.

Saturday, May 18th 9:30- 1:30pm

Pier 16 at South Street Seaport
New York, NY

Contact: Emily Amitin

NYCWalk@Lung.org/ 917-210-5649

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



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

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

May 7th
4-5pm

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

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

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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, May 14th 6-7pm

Wednesday, May 29th
12-1 pm

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

Multiple Myeloma Support Group

Join a support group for patients living with Multiple Myeloma to connect, share, and support one another. Facilitated by licensed myeloma social workers.

Thursday, May 9th at 3pm

For more information and zoom link, please contact Rachel Wangler, LCSW, OSW-C (212)824-8759
MMsocialwork@mountsinai.org

Multiple Myeloma Mindful Journaling Group

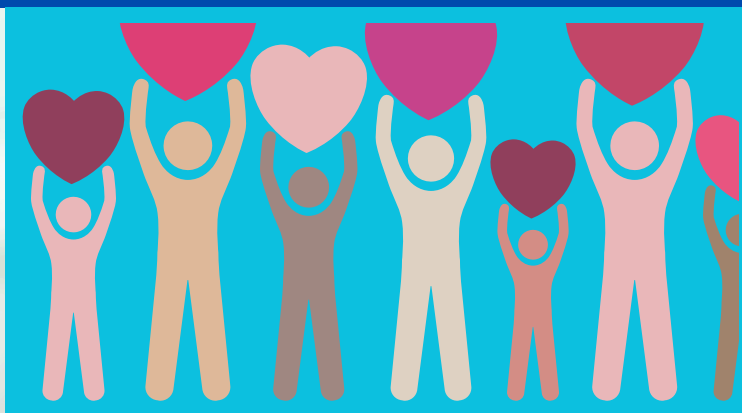
Join us in a creative and therapeutic process of mindful journaling.

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 7th & 21st
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 8th, 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"

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, May 22nd
4:00pm

RSVP and Zoom Information:
johanna.bellorin@mountsinai.org
(212) 824-8771

Post-Allogeneic BMT Support Group

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

Wednesday, May 1st
1:00-2:00PM

RSVP and Zoom Information:
Ryan.Dritz@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 First Tuesday of the month at 1:30 PM.

Tuesday, May 7th at 1:30 & Thursday May 30th at 6:30pm

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



Young Adult Breast Cancer Support Group

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

Wednesday, May 1st 6:30-7:30pm

RSVP and receive zoom info call 212-241-7748

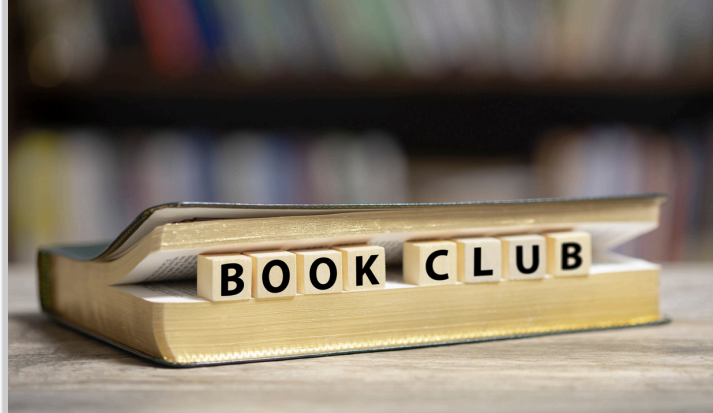


Dubin Schmoozin in person

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

May 8th 1:30-2:30pm

For more information call 212-241-7748



Woman to Woman: Immunotherapy 101: What is it and how is it used to treat gynecologic cancer?

Dr. Sharyn Lewin is a board-certified Gynecologic Oncologist who specializes in the diagnosis, treatment, and management of gynecologic cancers. Dr. Lewin is the Founder and Executive Director of The Lewin Fund to Fight Women's Cancers, responsible for the organization's operations, and for setting its strategic vision. The Lewin Fund's mission to invest in grassroots initiatives and research that directly support women who are afflicted with cancer and their families.

Thursday, May 9th at 12pm

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

Woman to Woman: Book Club

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

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

Myrna's pick! The Silent Sister by Diane Chambatin

Wednesday, May 29th
7pm

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

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

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

Monday, May 6th at Noon
Meets the first Monday of every month

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

Meeting ID: 208 938 0884



Woman to Woman Gynecologic Cancer Support Group

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

Wednesdays, 12:00-1:00 pm
***No group 5/8**

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 20th
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 14th
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

Woman to Woman: Nutrition During Treatment and Beyond with Alanna Downey MS, RD, CDN

Alanna Downey is the Clinical Nutrition Coordinator and the Blavatnik Family Chelsea Medical Center. She works with all patients at the center, including GYN Oncology. During this presentation she hopes to provide more insight into nutrition during cancer treatment and survivorship!

Wednesday, May 22nd
12pm

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

Woman to Woman: The Nutritional Benefit of Spices

Explore the profound impact of spices on the nutritional well-being of cancer patients. Gain insights into how these flavorful additions can contribute to a balanced diet, offering not only taste but potential health benefits. Join graduate student Anika Jagasia for a journey through the aromatic world of spices and their role in supporting the nutritional needs of those undergoing cancer treatment

Monday, May 13th at 12pm

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



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. 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 4th Tuesday of the month.

Tuesday, May 28th at 12pm

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



Woman to Woman: Sleep (A special 3 session series)

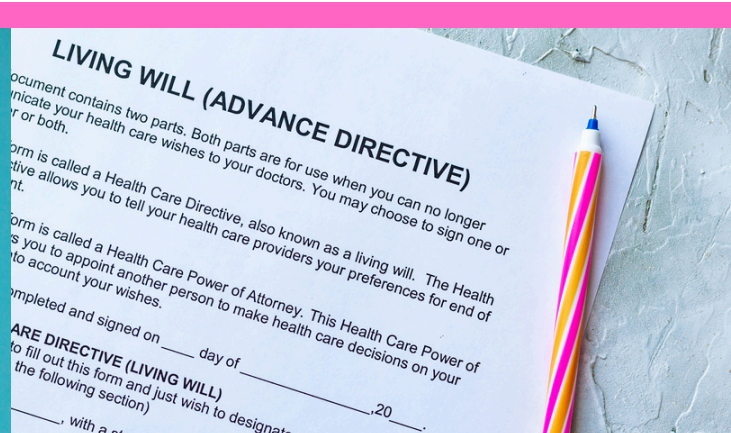
In this workshop series with Certified Hypnotist, Life Coach, & Neuroscience Educator, Emma Ehrenzeller, you'll learn about the science and spirituality surrounding one of life's most common yet mysterious experiences: sleep! We'll cover how your body and brain contribute to sleep and your circadian rhythm, powerful tools you can use to fall asleep faster, and strategies to analyze your most whimsical dreams. Each of the three sessions will include a live guided hypnotic meditation to improve your sleep quality!

Thursday, May 16: Understanding Sleep: How Your Body & Brain Are Wired for Rest
Thursday, May 23: Tools to Improve Your Sleep

Thursday, May 30: The Spirituality of Sleep & Dream Analysis

12pm

Meeting ID: 208 938 0884



Spring Day Panel about NYC Resources, Medicare, Healthcare Directives & Proxies In-Person

Miguel Arenas, MS, CPXP, BCPA, Senior Director of the Patient Representative & Language Services Department, Mount Sinai Downtown & Mount Sinai Brooklyn

Eric Hausman, HIICAP Outreach Volunteer Manager, Health Insurance Information Counseling & Assistance Program (HIICAP), NYC Department for the Aging

Gilbert Kunken, DMD, MPH, Medicare Consultant, Health Insurance Information Counseling & Assistance Program (HIICAP), NYC Department for the Aging

Dawn H. Schuk, Outreach Coordinator, Office of the Chief Medical Director/ Office of Citywide Health Insurance Access (OCHIA), Human Resources Administration (HRA), Department of Social Services

Wednesdays May 8th 1-2:30pm

Location: 10 Union Square, 2nd Floor Auditorium

Questions about W2W Programming? Email womantowoman@mountsinai.org



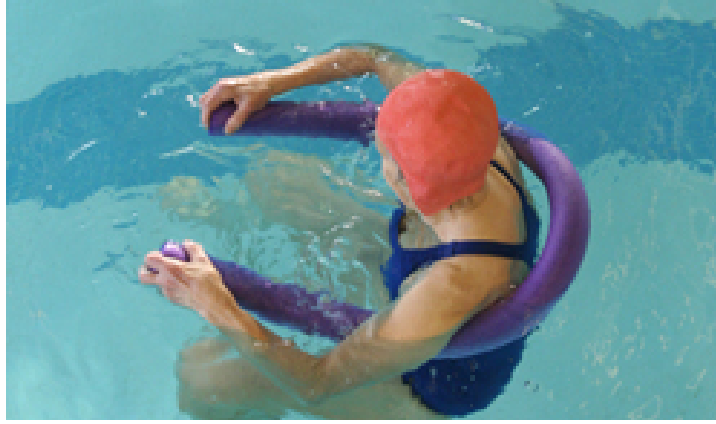
Functional Fitness for Bone Health + Injury Prevention online with the JCC

Learn exercises and appropriate postural alignment to maintain and regain bone health, creating new movement patterns to stave off fractures of the spine and increase strength and mobility of the wrists, ankles, and hips. Please wear loose-fitting clothing.

Wednesday, May 15th
3:15-4:45pm

Instructor: Linda Rose Iennaco, Creator of Balance and Bones™, Bone Health & Osteoporosis Foundation Ambassadors Leadership Council

Please visit <https://mmjccm.org/fitness-wellness/or> contact boxoffice@mmjccm.org for additional information.



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



Daily Drop in Facilitated Meditation Hybrid with the JCC

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

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

Meeting ID: 942 4397 1448

Password: meditation

Please visit <https://mmjccm.org/fitness-wellness/or> contact boxoffice@mmjccm.org for additional information.



Breast + Ovarian Cancer Support Massage at the JCC

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

Tuesdays & Thursdays
10-12pm

Email

oncologymassage@mmjccm.org or call 646.467.9239 for details.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org



Beginner Pelvic Floor Workshop 1&2 online with the JCC

Join us for an intimate conversation on a private matter in a safe, encouraging environment. In Workshop 1, learn basic dos and don'ts for preventing or addressing incontinence, with a focus on breathing exercises that are imperative to know before starting pelvic floor specific exercises. That will be detailed in Workshop 2, including variations of Kegels and reverse Kegels, as well as other complementary exercises. Wear loose-fitting clothing and a towel or mat. Women only

Wednesdays May 1 & 24
11-11:45am

Instructor: Randi Stone, Pelvic Floor Specialist
Free for those being tested or treated for cancer at Breast link New York or elsewhere. Please email the box office at mmjccm.org if you do not receive the link.



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

In person room Mezzanine Classroom

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



Yoga4Cancer Online with the JCC

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

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

Join Leora Leung, certified Yoga4Cancer instructor

Sundays, 3:00-4:15 PM

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



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

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

Thursdays at 9:45-10:45am

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

Once you've completed the online process, you will receive an email from the JCC that will provide you with a link to the class. **Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org**



Moving for Life Online with the JCC

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

Wednesdays
at 12:00-1:00pm

Saturdays 11-12pm

Please contact Registration by email at boxoffice@mmjccm.org



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: May 3, 10, 17, 24 7 & 31
11:30-12:30pm

You will receive a confirmation letter for your registration that will include the zoom link. Free for those being tested or treated for cancer.

Please contact registration by email at boxoffice@mmjccm.org for additional info



ZERO BLACK MEN'S PROSTATE CANCER



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 saschacreativececnernyc@gmail.com or cibelev@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

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/>

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 646-574-1008

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



Cancer Survivors Day Celebration Save the Date

Join us in celebration of patients in treatment and post-treatment
*Be Inspired
*Form Connections
*Participate in Wellness Activities

Thursday, June 6
3:30-5:30pm

New York Academy of Medicine- President's Gallery

1216 5th Ave (Entrance on 103rd Street)

Physician Speaker - Dr. Karyn Goodman, Professor, Radiation Oncology

Patient Speaker - Lydia Clark-Sumpter

Performance by the Mount Sinai Vocal Ensemble facilitated by Michael Inge

RSVP required by June 3rd

CSSEvents@Mountsinai.org or 646-784-2388

Light Refreshments (Kosher)

Our thanks to the Cindy Turkeltaub Cancer Support Fund for their generous support of Survivors Day!



“Can I eat soy products with a history of breast cancer?”

What foods contain soy?

Some examples of foods that contain soy are tofu, soy milk, edamame, and many more!

Does soy increase breast cancer risk?

Soy foods are rich in phytoestrogens, which structurally look similar to estrogen. However, phytoestrogens and estrogen are NOT the same compound.

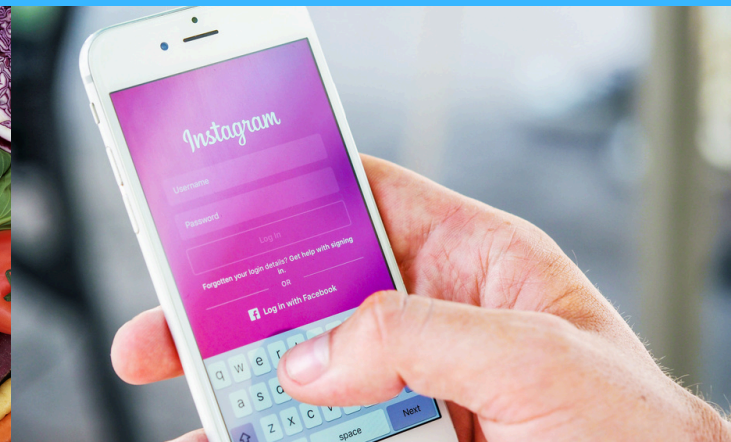
·There are numerous observational studies that have found women who regularly consumed soy foods had a lower risk of developing breast cancer. As these are observational studies, direct correlation between soy and breast cancer cannot be made.

Can I eat soy products with a history of breast cancer?

- While there is not enough research to warrant a recommendation for all survivors to increase soy consumption, it is safe to consume in moderation. Best to choose natural soy foods, like tofu, edamame and soy milk.
- Research has not been conducted on soy supplements or soy protein isolate (the ingredient in many plant-based meat alternatives), so best to stick with natural forms of soy!

<https://www.oncolynutrition.org/on/erfc/healthy-nutrition-now/foods/soy-and-breast-cancer>
<https://www.aicr.org/resources/blog/dispelling-the-3-most-common-cancer-and-diet-myths/>

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



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



PROGRAMAS EN ESPAÑOL



Talleres Mensuales en Español para Pacientes en Tratamientos Oncológicos

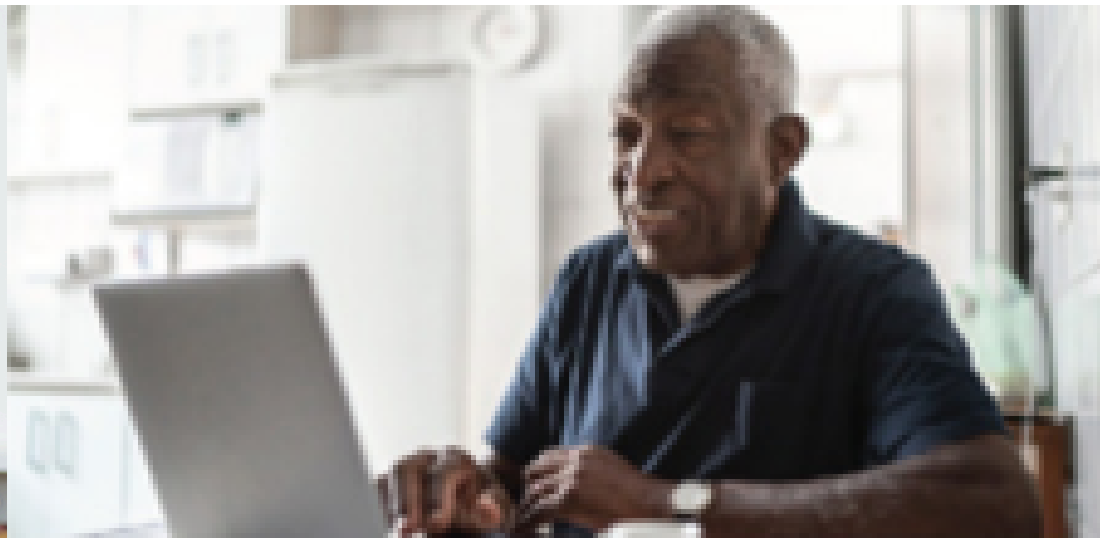
Este espacio es para conectar con pacientes en situaciones similares y recibir apoyo en la comunicación con el equipo médico. El taller es facilitado por una trabajadora social el último miércoles de cada mes.

Miércoles, 29 de Mayo 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 Maria Amado al 973-
936-9030 o maria.amado@mountsinai.org



Grupo de Apoyo Para Pacientes y Familias con Mieloma

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

El cuarto martes de cada mes.

El martes, 28 de Mayo a las 5:30pm

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

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



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.



Latina SHARE Support Group for Women with Breast & Ovarian cancer

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

Miercoles, 15th de Mayo
6pm

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

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

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