



# Gilda Comes to You

## May 2017

	<u>Support Groups</u>	<u>Workshops</u>	<u>Lectures</u>
<p><b><u>Kings County Hospital</u></b>  <b><u>Center for Cancer Care</u></b>            451 Clarkson Avenue            Brooklyn, NY 11203            C-building 4<sup>th</sup> Floor (Red Door)</p>	<p><b>Cancer Support Group</b>            Wednesday, May 3, 10, 17, 24            11:30am-1pm</p> <p>Wednesday, May 31            1:30-3pm</p>	<p><b>Moving For Life:            Gentle Aerobics</b>            Wednesday, May 3            1:30-2:30pm</p> <p><b>Self-Care with            Jin Shin Jyutsu</b>            Wednesday, May 10            1:30-2:30pm</p> <p><b>Moving For Life:            Seated Yoga</b>            Wednesday, May 17            1:30-2:30pm</p>	<p><b>ChemoBrain</b>            Wednesday, May 24            1:30-2:30pm</p> <p><b>Laughing Your Way            to Health</b>            Wednesday, May 31            11:30am-1pm</p>
<p><b><u>Montefiore Medical Center</u></b>  <b><u>The University Hospital for Albert            Einstein College of Medicine</u></b>            1521 Jarret Place            Bronx, NY 10461            Piso 2-sala de conferencia</p>	<p><b>Mujeres Unidas-            Grupo de Apoyo para            Cáncer de Seno</b>            Todos los lunes de mayo            9-10:30am</p>		
<p><b><u>Montefiore Medical Center</u></b>  <b><u>The University Hospital for Albert            Einstein College of Medicine</u></b>            111 East 210<sup>th</sup> Street            Bronx, NY 10467            Northwest/Blue Zone            2<sup>nd</sup> Floor Day Room</p>	<p><b>Cancer Support Group</b>            Every Tuesday            10-11:30am</p>		
<p><b><u>The Mount Sinai Hospital</u></b>  <b><u>Ruttenberg Treatment Center</u></b>            1470 Madison Avenue            (btw 101<sup>st</sup> &amp; 102<sup>nd</sup>)            New York, NY 10029            3<sup>rd</sup> Floor, Conference Room 105            3er piso, Cuarto de Conferencias 105</p>	<p><b>Amigos Unidos-            Grupo de Apoyo</b>            Todos los miércoles de mayo            10-11:30am</p>		<p><b>“HA! The Antidote to Stress</b>            Thursday, May 18            11am-12:30pm            3<sup>rd</sup> Floor-Room 105</p> <p><b>”JA!” El Antidoto            para el Estrès</b>            jueves, 18 de mayo            11am-12:30pm            Cuarto 105-3er Piso</p>
<p><b><u>Queens Cancer Center</u></b>            82-68 164<sup>th</sup> Street            Jamaica, NY 11432</p>	<p><b>Amigos Unidos-            Grupo de Apoyo</b>            martes, 9 de mayo            11am -12:30pm            1er Piso- Sala de Conferencias</p>		<p><b>The Chef at Home:            Knowledge, Confidence            and Inspiration</b>            Friday, May 19            1:30-3pm            1<sup>st</sup> Floor Conference Room,</p> <p><b>El Chef en Casa:            Conocimiento, Confianza e            Inspiración</b>            viernes, 19 de mayo            1:30-3pm            1er Piso, Sala de Conferencias</p>

## LECTURES

### "HA!" The Antidote to Stress

**Thursday, May 18, 2017; 11am-12:30pm**

**Facilitator: Beth K. Bongar, [laughingdiva.com](http://laughingdiva.com)  
The Mount Sinai Hospital Treatment Center**

In this fun, interactive and educational workshop, Beth will teach you ways to change your brain's response to stress. The sound "Ha" is the exhalation of laughter and it enables our organs to counter physical, mental and emotional stress. In this workshop you will learn easy and fun ways to use your breath to feel more in control, balanced and energetic.

### "¡JA!" El Antídoto para el Estrés

**jueves, 18 de mayo 2017; 11am-12:30pm**

**Facilitadora: Beth K. Bongar, [laughingdiva.com](http://laughingdiva.com)  
The Mount Sinai Hospital Treatment Center**

En este taller educativo divertido e interactivo, Beth Bongar enseñará cómo cambiar la respuesta del cerebro ante el estrés. El sonido "ja" es la exhalación de la risa y permite a nuestros órganos contrarrestar el estrés físico, mental y emocional. En este taller aprenderán formas fáciles y divertidas de utilizar la respiración para sentirse en control, equilibrado, y con energía.

### The Chef at Home: Knowledge, Confidence and Inspiration

**Friday, May 19, 1:30-3pm**

**Facilitator: Chef Jonathan Forgash, de Servana Care  
Queens Cancer Center**

Cooking at home should be both a comfort and a joy! Chef Jonathan Forgash, from Servana Care will talk with individuals, caregivers and families living with cancer about how to safely prepare foods in the home kitchen that are nourishing and emotionally satisfying.

Learn about cooking for a changing palate as well as what foods, herbs and spices can help with nausea, fatigue and reduced appetite.

### El Chef en Casa: Conocimiento, Confianza e Inspiración

**viernes, 19 de mayo 2017; 1:30-3pm**

**Facilitadora: Chef Jonathan Forgash, de Servana Care  
Queens Cancer Center**

¡La cocina en casa debería ser tanto una alegría como reconfortante! El jefe de cocina Jonathan Forgash de Servana Care hablará con individuos que viven con el cáncer, familiares, y cuidadores, sobre cómo preparar comidas nutritivas y emocionalmente gratificantes de manera segura. Aprenda a cocinar para un paladar que cambia así como qué alimentos, hierbas y especias emplear para ayudar con náuseas, fatiga y un apetito reducido.

**GILDA'S CLUB NEW YORK CITY MISSION:** To support, educate, and empower individuals living with cancer and their families.

**For more information on lectures, workshops and support groups please call Fran Castellanos-Ross @ 212-647-9700; Ext.245.**

### Chemobrain

**Wednesday, May 24, 2017; 1:30-2:30pm**

**Facilitator: Gabriela Höhn, Ph.D  
Kings County Hospital Center for Cancer Care**

In this interactive discussion, learn how cancer treatment can affect how our brains work, who's at risk for chemobrain, and explore strategies to help with everyday life. Regain control of memory and attention problems and lower your stress both during and after treatment.

### Laughing Your Way to Health

**Wednesday, May 31, 2017 11:30am-1pm**

**Facilitator: Beth K. Bongar, [laughingdiva.com](http://laughingdiva.com)  
Kings County Hospital Center for Cancer Care**

The sound "Ha" is the exhalation of laughter and it enables our organs to counter physical, mental and emotional stress. In this workshop, you will learn easy and fun ways to use your breath to feel more in control, balanced and energetic.

## WORKSHOPS

### Moving For Life: Gentle Aerobics

**Wednesday, May 3, 2017; 1:30-2:30pm**

**Facilitator: Dana Davison, RSMT/RSME  
Kings County Hospital Center for Cancer Care**

Regain the joy of movement and a sense of well-being through Moving For Life's exercise program that combines music and dance to help relieve the side-effects associated with cancer treatment such as fatigue, weight changes, lymphedema and joint or bone pain.

### Self-Care with Jin Shin Jyutsu

**Wednesday, May 10, 2017; 1:30-2:30pm**

**Facilitator: Teri Meissner  
Kings County Hospital Center for Cancer Care**

Jin Shin Jyutsu is a Japanese practice that uses light touch on the body to promote relaxation, minimize the effects of stress and reduce common side effects of cancer treatment like nausea, fatigue and pain. This interactive workshop will teach you simple techniques to use on yourself and is open to patients, family members and caregivers.

### Moving For Life: Seated Yoga

**Wednesday, May 17, 2017; 1:30-2:30pm**

**Facilitator: Dana Davison, RSMT/RSME  
Kings County Hospital Center for Cancer Care**

Seated Yoga offers a supportive environment for participants to learn and practice gentle chair-based yoga poses in an effort to connect with your body and breath and calm the mind.