



# Gilda Comes to You April 2020



	<u>Support Groups</u>	<u>Workshops</u>	<u>Lectures</u>
<p><b><u>The Mount Sinai Hospital Ruttenberg Treatment Center</u></b> 1470 Madison Avenue (btw East 101<sup>st</sup> &amp; 102<sup>nd</sup>) New York, NY 10029</p>	<p><b>*Amigos Unidos- Grupo de Apoyo</b> Todos los miércoles en <b>abril</b> 10-11:30am 3<sup>er</sup> piso, sala de conferencias, #105</p>		<p><b>Medical Cannabis: Cancer Pain Management &amp; More</b> Tuesday, April 7<sup>th</sup> 12:00-1:30pm 3<sup>rd</sup> floor, conference room #105</p>
<p><b><u>Kings County Hospital</u></b> 451 Clarkson Avenue Brooklyn, NY 11203 C-building 4<sup>th</sup> Floor (Red Door)</p>	<p><b>**Living with Cancer Support Group</b> Every Wednesday in <b>April</b> 11:30am-1pm</p>	<p><b>intenSati</b> Wednesday, <b>April 1<sup>st</sup></b> 1:30-2:30pm</p> <p><b>*NEW*</b> <b>Soca/Salsa Fusion</b> Wednesday, <b>April 8<sup>th</sup></b> 1:30-2:30pm</p> <p><b>*NEW*</b> <b>Healing Sound Meditation &amp; Sonic Attunement</b> Wednesday, <b>April 15<sup>th</sup></b> 1:30-2:30pm</p> <p><b>*NEW*</b> <b>Upcycled Glass Bottles</b> Wednesday, <b>April 22<sup>nd</sup></b> 1:30-3:30pm</p>	<p><b>Palliative Care &amp; Hospice Care – Similar, But Different</b> Wednesday, <b>April 29<sup>th</sup></b> 1:30pm-3pm</p>
	<b><u>Social Events</u></b>		
	<p><b>Mix, Meet, ‘n Mingle</b> Every Wednesday in <b>April</b> 1:00-1:30pm</p>		

\*Amigos Unidos-Grupo de Apoyo- Venga a reunirse con otros miembros de la comunidad Latina de Gilda's Club y comparta sus experiencias, su sabiduría, sus preocupaciones y sus esperanzas.

\*\*Living with Cancer Support Group- This group will provide men and women living with any type of cancer the opportunity to share their wisdom and first hand experiences.

Please see reverse side for more descriptions.

## KINGS COUNTY HOSPITAL

### WORKSHOPS

#### intenSati

**Wednesday, April 1; 1:30-2:30pm**  
**Facilitator: Lucy Osborne, intenSati**

intenSati is a workout that combines aerobic exercise, yoga and martial arts with spoken affirmations. This workshop provides a unique mind-body experience that may improve your spiritual, mental and physical health. This workshop will be modified for all physical capabilities.

#### \*NEW\* Soca/Salsa Fusion

**Wednesday, April 8; 1:30-2:30pm**  
**Facilitator: Emi Asano, Creative Mindz Yoga**

Enjoy dancing salsa? This time let's spice it up with flavorful Soca (Soul of Calypso) moves from the Caribbean Islands of Trinidad and Tobago! We will mix the moves of salsa, including the cha-cha-cha, and mambo with moves of Soca including arm movement, head rolls, and footwork. In this workshop, you will learn how to dance in the rhythm of salsa and Soca with easy steps. Dancing is a fun way to keep your body and spirit healthy.

#### \*NEW\* Healing Sound Meditation & Sonic Attunement

**Wednesday, April 15; 1:30-2:30pm**  
**Facilitator: Eileen Moran,**  
**Certified Therapeutic Sound Practitioner**

We are all vibrational beings; the universe itself is vibrating and through the intentional use of sound we can attune ourselves to be in greater harmony. Join us to experience the subtle, yet profound, positive effects of intentional sound and harmonic overtones in the body. This will be a relaxing workshop to help align with wellness & self-healing.

#### \*NEW\* Upcycled Glass Bottles

**Wednesday, April 22; 1:30-3:30pm**  
**Facilitator: Wilhelmina Grant,**  
**The Creative Center at University Settlement**

Join us to learn decorative techniques combining paint and collage to create beautiful, decorative bottles for display. Participants can bring in paper items of their choice (copies of photos, maps, Chinese fortunes, etc.) to personalize their creation or they can use the beautiful papers provided to achieve a unique home accessory!



**GILDA**  
Comes To You...

## KINGS COUNTY HOSPITAL

### LECTURES

#### Palliative Care & Hospice Care – Similar, But Different

**Wednesday, April 29; 1:30-3pm**  
**Facilitator: Alexandra Desbas,**  
**Director of Outreach,**  
**Calvary Hospital Hospice**

If you or someone you know has a painful illness or a life limiting illness, you may have heard the term Palliative Care. "Wait, isn't that hospice?" No. While the two are related, Hospice is not a part of Palliative Care, but Palliative Care is a part of Hospice. Confusing! We'll explain everything you need to know, because you or someone you know may benefit from one of these specialties.

### SOCIAL EVENTS

#### Mix, Meet, 'n Mingle

**Every Wednesday in April; 1:00-1:30pm**

Never heard of Gilda's Club and want to know more about our program? Want to network and socialize with others who are experiencing cancer firsthand? Come join us to learn more about what Gilda's Club has to offer and to socialize with other program members. A program staff member will be there to answer any questions.

## MT. SINAI HOSPITAL

### LECTURES

#### Medical Cannabis: Cancer Pain Management & More

**Tuesday, April 7; 12:00-1:30pm**  
**Facilitator: Dara Huang, M.D,**  
**Manhattan Compassionate Care**

In this lecture, Dr. Huang will talk about the science and history of medical cannabis, how it differs from recreational marijuana, and when and how it can be helpful for symptom relief for patients living with cancer. However, it is still controversial and not lawful in all states. She will also discuss the required administrative process to get a cannabis prescription in New York State.

**For more information on lectures, workshops, and support groups, please call**  
**Jamie Shapiro, LCSW at 212-647-9700.**

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