

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Guided Meditation 12:00pm-12:30pm I CAN-CER Vive Grad Group 3:00pm-4:00pm	Caregivers Virtual Support Group 12:00pm-1:00pm Reiki Available by appointment Please call to schedule 973-971-6182		
5	Reiki-In Person 10:00am - 12:00 pm Reiki Healing Circle 3:00-3:30pm	Expressive Writing Workshop 9:00am to 10:00 am Self-Help Energy Techniques 12:00pm-1:00pm	Guided Meditation 12:00pm-12:30pm	Blood Cancer Support Group 1:00pm-2:00 pm Reiki Available by appointment Please call to schedule 973-971-6182		
12	Reiki-In Person 10:00am - 12:00 pm Survivors Post Treatment Group 10:30am-11:30am	Expressive Writing Workshop 9:00am to 10:00 am Integrative Lecture Brain Waves and Patterning 12:00pm-1:00pm Jin Shin Jyutsu Available by appointment Please call to schedule 973-971-6182	Guided Meditation 12:00pm-12:30pm I CAN-CER Vive Grad Group 3:00pm-4:00pm Morris County Ostomy Association Support Group 7:00pm-9:00pm	Reiki Available by appointment Please call to schedule 973-971-6182 Head & Neck Support Group 3:00pm-4:30PM	Forest Bathing Loyola Jesuit Center 12:00pm-2:00pm	
19	Reiki-In Person 10:00am - 12:00 pm Reiki Healing Circle 3:00-3:30pm Young Adult Cancer Survivor-Virtual 6:00pm-7:00pm	Self-Help Energy Techniques 12:00pm-1:00pm	Guided Meditation 12:00pm-12:30pm Living and Coping with Gynecological Cancer-Virtual 3:00pm-4:00pm	Reiki Available by appointment Please call to schedule 973-971-6182		
26		Integrative Lecture Brain Heart Coherence 12:00pm-1:00pm Jin Shin Jyutsu Available by appointment Please call to schedule 973-971-6182	Guided Meditation 12:00pm-12:30pm	Reiki Available by appointment Please call to schedule 973-971-6182		

Carol G. Simon Cancer Center

May 2024

Virtual Services for Morristown Medical Center

Ongoing Support and Educational Groups:

I CAN-CER Vive Grad Group Virtual

This monthly graduate group is open to any past I CAN-CER Vive attendee
This Group will meet **Wednesday, May 1st and May 15th 3:00pm-4:00pm**
Group will be facilitated by Jean Marie Rosone, LCSW

Zoom meeting link:

<https://atlanticealth.zoom.us/j/81418692325?pwd=QVBrbEVCMmZGSE5iWkwxaG5URC9WQT09>

Meeting ID: 814 1869 2325 **Passcode:** 170117

If you have any questions, please call 973-971-6514

Caregivers virtual support group

If your loved one has cancer, please join us via zoom as we share ideas and gain support from one another.

This Group will meet **Thursday, May 2nd 12:00pm-1:00pm**

Group will be facilitated by Jean Marie Rosone, LCSW

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89867108907?pwd=RGV0QTbnR0ZGNnInZUIxbGRNQk1vZz09>

Meeting ID: 898 6710 8907 **Passcode:** 360173

If you have any questions, please call 973-971-6514

Blood Cancer Support Group

Open to patients in active and/or completed treatment for leukemia, lymphoma, and myeloma.

This group will meet **Thursday, May 9th from 1:00pm-2:00pm**

Group will be co-facilitated by Erin Rinaldi MSW, LSW, MT-BC and Grace Miller BSN, RN, OCN

If you have any questions, please call 973-971-6656

Zoom Meeting Link:

<https://atlanticealth.zoom.us/j/88517749665?pwd=YitXUHVjN2pvbmpoY2tkN2RHbkIMZz09>

Meeting ID: 885 1774 9665 **Passcode:** 917434

Survivors Post Treatment Group

Open to patients who have completed cancer treatment. Also open to caregivers.

This group will meet **Monday, May 13th from 10:30am-11:30am**

Group will be facilitated by Jean Marie Rosone, LCSW

Zoom Meeting Link:

<https://atlanticealth.zoom.us/j/84193622126?pwd=Z0UwSEILaGt5R3RUZHp3K20xOUZMz09>

Meeting ID: 841 9362 2126 **Passcode:** 540174

If you have any questions, please call 973-971-6514

Smoking Cessation

6-week virtual group providing support and tools to help you quit.

Nicotine replacement products provided at no cost.

Group will be facilitated by Lisa Picciuti, LCSW, OSW-C, NCTTP

You must pre-register and have a tobacco dependence assessment to join.

Call 973-971-7971 to register.

Ongoing Support and Educational Groups:

Morris County Ostomy Association Support Group

The Morris County Ostomy Association (MCOA) is a volunteer-based health organization dedicated to providing education, information and support for people who have had, or will have, an intestinal or urinary diversion. MCOA membership is open to all individuals with ostomies.

Membership includes monthly meetings as well as a quarterly newsletter.

This group will meet **Wednesday, May 15th 7:00pm-9:00pm**

Pre-registration required please email dgregorythomas@gmail.com

Head and Neck Support Group

This group will meet **Thursday, May 16th from 3:00pm-4:30pm**

Group will be facilitated by Christian Hong, MDiv, LCSW, OSW-C

Zoom meeting link:

<https://atlanticealth.zoom.us/j/83451972820?pwd=ZWWhYkpYMUJUU0xaRFlib0FvY0FoZz09>

Meeting ID: 834 5197 2820 **Passcode:** 708012

If you have any questions, please call 973-971-5169

Forest Bathing

Please join us on **Friday, May 17th from 12:00-2:00pm**

at the Loyola Jesuit Center, 161 James Street, Morristown, NJ 07960 as we experience Forest Bathing
Registration is limited to 15 people.

Please email Jean Marie Rosone, LCSW at Jeanmarie.rosone@atlanticealth.org to register.

What is a Forest Bathing?

Forest Bathing (aka Forest Therapy or Nature Therapy) is a well-being practice which allows participants to slow down, use their senses and connect to the natural world and each other. Forest Bathing is inspired by the Japanese tradition of Shinrin Yoku and has been influenced by mindfulness, embodiment, and meditation practices.

Forest Bathing is led by a Certified Forest Therapy Guide and last about 2 hours. They take place outside, in a local park, with some walking and frequent stops. Forest Bathing begins with a guided meditation and progresses to a series of invitations which are open ended prompts, a gentle framework from which to explore the natural world. The invitations allow you to experience nature in a way you may not have done before. Each session is unique with different invitations being offered depending on the season and setting.

Young Adult Cancer Survivor: Discussion Series

Open to young adult cancer survivors age 21-35 who have completed active treatment.

Each month we'll explore and dive into the unique concerns and needs of young adult cancer survivors.

This series will provide a supportive space to connect with others to gain practical information and resources.

This group will meet **Monday, May 20th 6:00pm-7:00pm**

Group will be facilitated by Erin Rinaldi MSW, LSW, MT-BC

Pre-registration required please email Erin.Rinaldi@atlanticealth.org

Living and coping with gynecological cancer

Open to patients in active treatment for cervical, endometrial, ovarian, uterine, and vaginal cancer.

Join us for our monthly group and meet other individuals who have been diagnosed with gynecological cancer.

This group will meet **Wednesday, May 29th**

Group will be facilitated by Erin Rinaldi MSW, LSW, MT-BC

Pre-registration required please email Erin.Rinaldi@atlanticealth.org

Virtual Services for Morristown Medical Center

Ongoing Integrative Lectures

Self Help Energy Techniques

You will be guided through easy-to-follow hand positions, which assist in opening the energetic pathways of your body. Enhancing the energetic flow will assist your physical, mental and emotional health and leave you feeling restored and refreshed.

This group will meet **Tuesday, May 7th from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89574671944?pwd=aFpHMTJvV0FaTTExUThwL3FhRFAYZz09>

Meeting ID: 895 7467 1944

Passcode: 102733

If you have any questions, please call 973-971-6514

Integrative Lectures

Topic: Integrative lecture: Brain Waves and Patterning

This session will give an overview of the Delta, Theta, alpha beta and gama brain waves. Learn the roles they play and how they may be stimulated to enhance your health and wellness, happiness and life.

This group will meet **Tuesday, May 14th from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89574671944?pwd=aFpHMTJvV0FaTTExUThwL3FhRFAYZz09>

Meeting ID: 895 7467 1944

Passcode: 102733

If you have any questions, please call 973-971-6514

Self Help Energy Techniques

You will be guided through easy-to-follow hand positions, which assist in opening the energetic pathways of your body. Enhancing the energetic flow will assist your physical, mental and emotional health and leave you feeling restored and refreshed.

This group will meet **Tuesday, May 21st from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89574671944?pwd=aFpHMTJvV0FaTTExUThwL3FhRFAYZz09>

Meeting ID: 895 7467 1944

Passcode: 102733

If you have any questions, please call 973-971-6514

Integrative Lectures

Topic: Integrative Lecture: Brain Heart Coherence

During this session we will discuss brain heart coherence. This critical alignment allows your body to function at its optimal level, thereby increasing physical energy, mental clarity, creativity, focus, concentration as well as improved sleep, decision making and more.

This group will meet **Tuesday, May 28th from 12:00pm-1:00pm**

Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89574671944?pwd=aFpHMTJvV0FaTTExUThwL3FhRFAYZz09>

Meeting ID: 895 7467 1944

Passcode: 102733

If you have any questions, please call 973-971-6514

Ongoing Integrative Groups:

Guided Meditation

Take some time to step back and go within.

This group will meet every **Wednesday from 12:00pm-12:30pm.**

Group will be co-facilitated by Jean Marie Rosone, LCSW and Lauren Curtis, MA, LMT

Zoom meeting link:

<https://atlanticealth.zoom.us/j/95764540276?pwd=UDgwSlId0cXBTaFU5UzdXWnd1T0l0dz09>

Meeting ID: 957 6454 0276

Passcode: 542074

If you have any questions, please call 973-971-6514

Writing as a Way of Healing

Tap into your writer's voice, discover how writing heals, connect with yourself though writing and engage in guided writing exercise.

This group will meet **WILL RESUME IN JULY**

Group will be facilitated by Julie Maloney Author and Poet

Zoom meeting link:

<https://atlanticealth.zoom.us/j/82901971125?pwd=YTczaytxKzA5SDZlHUIHUKNTOTgqQT09>

Meeting ID: 829 0197 1125

Passcode: 618745

If you have any questions, please call 973-971-6514

Reiki Healing Circle

Join us for a weekly group Reiki session

This group will meet **Monday, May 6th and 20th from 3:00pm-3:30pm**

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89846014860?pwd=dGZSNWpvdDQwOW4yekXbHQ3WWVVSQT09>

Meeting ID: 898 4601 4860

Passcode: 508586

Registration is not required

If you have any questions, please call 973-971-6514

Expressive Writing Workshop:

When we write, we look inside to find the words and images that clarify and give shape to our thoughts and feelings. In the workshop, we will read a poem, do some writing, and share our work with the group, if we would like.

This Group will meet every **Tuesday from 9:00am-10:00am**

This program is funded by The Overlook Foundation and offered to patients within the Atlantic Health System.

Group will be facilitated by Thomas Dooley, Poet-in-Residence at Overlook Medical Center.

Zoom meeting link:

<https://atlanticealth.zoom.us/j/89121746933?pwd=eVZDTWduMFY0ekVSbUpvbWw3cGJnUT09>

Meeting ID: 934 0008 9192

Passcode: 311112

Reiki-In Person & Virtual

Reiki is an energy healing technique in which a Reiki practitioner, who has undergone formal training in this healing art, uses gentle hand movements with the intention to guide the flow of healthy energy (what's known in Reiki as life force energy) through the client's body to reduce stress and anxiety and promote healing. This gentle technique can be done in person or virtually where the practitioner can tune into the patient's energy field.

It does not treat conditions on its own but can be used to support traditional treatment you may receive.

This service will be available every **Monday from 10:00am –12:00pm-In Person and**

Thursdays from 10:00am –12:00pm-Virtual

Please call Integrative Therapies to book an appointment 973-971-6182

Jin Shin Jyutsu-In Virtual

An Art of Gentle Touch that can be applied to oneself and to others.

This service will be available **Tuesday, May 14th and 18th 12:30pm-2:30pm**

Please call Integrative Therapies to book an appointment 973-971-6182



Gentle foot or hand Massage

Is available to patients who are receiving chemotherapy in the Carol G. Simon Cancer Center.

Please let your nurse know during your treatment and they can arrange for a visit

To access all Cancer Center classes monthly please use link below

www.atlantichealth.org/cancerclass

If you would like to be added to our email list to receive calendar


Please email JeanMarie.Rosone@atlantichealth.org

May

Melanoma and Skin
Cancer Awareness

Brain Cancer
Awareness

Bladder Cancer
Awareness



SAVE THE DATE:

June 5th 9:30-3:00 at Loyola Jesuit Center,

In honor of survivorship there will be an all day retreat

to support you on your thriving journey.