



Resources for Life After Cancer

2023 Live Online Programs

Information • Education • Support



Memorial Sloan Kettering
Cancer Center

About the Program

Resources for Life After Cancer (RLAC) is focused on creating a community of support, education, and hope for anyone who has completed active treatment. We provide educational lectures, support groups, counseling services, advocacy, and community referrals to address treatment related side effects and help you live well.

We welcome individuals of all races, religions, gender identities, sexual orientations, abilities, nationalities, and ethnicities. All groups and programs are virtual, and are free of charge. Programs may change and are subject to cancellation.

Contact Us

Phone: 646-888-8106

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Resources for Life After Cancer
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Memorial Sloan Kettering
Cancer Center

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LECTURES

To register for any of our programs, go to www.mskcc.org/events

Fear of Recurrence

Wendy Lichtenthal, PhD, Department of Psychiatry and Behavioral Sciences

This presentation will explore approaches for coping with fear of recurrence after cancer treatment.

FEB 15 4:00-5:15 PM

Coping with Anxiety Post-Treatment

Kelly Trevino, PhD, Department of Psychiatry and Behavioral Science

This lecture will focus on how cancer can influence mental health and wellness. It will look at ways in which patients and families balance life transitions after a cancer experience.

MAR 2 5:30-6:45

Myths and Facts about Food

Cara Anselmo, MS, RDN, Clinical Dietitian-Nutritionist

Join us to learn more about the role of nutrition after a cancer diagnosis. We'll discuss common myths and facts about diet and well-being after cancer. This lecture will address questions about sugar, red meat, weight management, and dealing with side effects of current or past cancer treatments.

MAR 21 4:00-5:15 PM

Medical Debt

Vivienne Duncan, Esq., Director, Cancer Advocacy & Elderlaw Projects/City Bar Justice Center

This lecture will focus on the rights of patients with medical debt. We also offer guidance on how to negotiate with hospitals and doctors. We will review the Debt Protection Law, which helps patients with medical bills in collection.

MAR 28 4:00-5:15 PM

Returning to Work After Cancer

Rachel Becker, LMSW, Deputy Director of Cancer and Careers, CEW Foundation

This lecture will cover practical concerns that may arise when dealing with cancer in the workplace. Whether you are looking for a new job after treatment or need additional accommodations, this session will provide information to help you take your next steps.

MAY 9 4:00-5:15 PM

Life Planning

Vivienne Duncan, Esq., Director, Cancer Advocacy & Elderlaw Projects/City Bar Justice Center

Join us to learn how life-planning documents can ensure that your wishes regarding medical treatment, care of finances, distribution of property, and guardianship of minor children will be followed in the event of serious illness or death.

JUN 13 4:00-5:15 PM

Coping with Physical Scars in Cancer Survivorship

Meredith Cammarata, LCSW, and Rachael Goldberg, LCSW, Department of Social Work

Living with scars and other changes to physical appearance after cancer treatment can impact a person's emotional well-being and quality of life. This lecture will address the survivor experience and discuss techniques to help cope with the emotional impact of post-treatment body changes.

OCT 12 2:00-3:30 PM

Medicare Overview

Vivienne Duncan, Esq., Director, Cancer Advocacy & Elderlaw Projects/City Bar Justice Center

This lecture will provide an overview of Medicare options including Part A, Part B, Part D, and supplemental policies and offer guidance on appealing coverage denials.

OCT 17 4:00-5:15 PM

Post-traumatic Growth**Melissa Stewart, LCSW, Department of Social Work**

Cancer can be a shocking experience and, for some, even traumatic. However, many people report the experience can spark significant psycho-spiritual growth. This interactive discussion will focus on the opportunities for personal development that arise as a result of the cancer experience.

NOV 15 5:30-6:45

INTEGRATIVE MEDICINE AND SURVIVORSHIP

Integrative Management of Anxiety**Eugenie Spiguel, ANP, and Karen Popkin, LCAT MT-BC**

This lecture will give an overview of anxiety and how it impacts our bodies. We will discuss various integrative strategies including meditation, yoga, acupuncture, and music. This program will include an exercise with music therapy..

JAN 31 5:30-6:45 PM

Boosting Immunity**Eugenie Spiguel, ANP and Jason Hou, PharmD**

Join us for an informative conversation about our immune system, how it works, and ways we can naturally enhance it.

APR 19 5:30-7:00 PM

Hot Topic: Managing Hot Flashes with Integrative Medicine**Shelly Latte-Naor, MD**

This lecture will address why hot flashes happen, common triggers, and integrative strategies to treat them. There will be a focus on mind-body interventions and will include an interactive exercise.

MAY 23 5:30-6:30 PM

Calm the Mind and Body with Integrative Medicine

Lillian Rodich, PA and a movement therapist

This lecture will provide an overview of integrative techniques to promote the mind-body connection.

NOV 14 5:30-6:30PM

CANCER AND AGING

Coping with Memory Deficits

Beatriz Korc-Grodzicki, MD, PhD

Memory and other cognitive changes affect many older adults during and after cancer treatment. This lecture will talk about those changes and explore insights gained from research.

FEB 21 5:30 - 6:45 PM

Aging Well and Cancer Survivorship

Jessica Boerma, LCSW, Department of Social Work

Receiving a cancer diagnosis can affect the aging process. This presentation will provide an overview of some of the emotional and practical aspects of aging after treatment is over.

DEC 5 4:00-5:15 PM



DISCUSSION AND EDUCATION

To register for any of our programs, go to www.mskcc.org/events

An Orientation to Life After Cancer

Barbara Golby, LCSW, Department of Social Work

This presentation and interactive discussion will review common emotional and practical concerns that can come up when treatment is over. Both patients and caregivers are welcome to join.

JAN 25, APR 25, JUL 12, OCT 24 1:00-2:15 PM

Dating and Disclosure

Barbara Golby, LCSW, Department of Social Work

After treatment ends, it can be hard to know when, how, and whether to disclose your cancer history. This meeting is lead as an interactive group discussion and will focus on the complexities of dating after treatment. When you register, a social worker will contact you to make sure this group is right for you.

FEB 9 12:00-1:15

Embodied: Coping with Cancer-Related Body Image Changes

Rebecca Santiago, LCSW, Fiona Begg, LCSW, Remi Abolafia, LCSW, and Liz Fortier, LCSW, Department of Social Work

This program will cover common body image concerns for individuals who have completed treatment for cancer. It will review how physical changes after treatment can impact one's sense of self. When you register, a social worker will contact you to make sure this group is right for you.

MAR 1 2:00-3:30 PM

Finding Our Way: A Discussion of Spirituality and Survivorship

Melissa Stewart, LCSW, Department of Social Work, and Reverend Paul Yoon, BCC, Program Coordinator, Spiritual Care

The cancer experience can leave survivors and those close to them questioning their spiritual beliefs, redefining them, or having a more intense connection with their own belief system. Join a discussion about how this profound experience can impact the spiritual self.

APR 12, OCT 4 5:30-7:00 PM

Support Groups

Our support groups are for people who have completed treatment. The groups provide opportunities to:

- Connect with others going through similar situations
- Share information
- Express and explore feelings about the cancer experience
- Receive understanding and support
- Affirm your own way or discover new ways to adjust to life after treatment

Each group is co-led by social workers, nurses, and/or physical therapists. We encourage participants to share experiences while gathering medical and rehabilitation information from health care professionals.

If you are new to our support groups, a registration and assessment process is required. Due to a high interest in RLAC programs, please allow at least two weeks for a social worker to reach out to you to conduct the assessment.

Please be advised that programs may change and are subject to cancellation.

To register for any of our groups, go to www.mskcc.org/events

IDENTITY-SPECIFIC

General Survivorship Group

Annamma Abraham Kaba, LCSW, and Barbara Golby, LCSW, Department of Social Work

This 6-week closed group is for survivors who have completed cancer treatment.

FALL 2023

Adult Survivors of Childhood Cancers Support Group

Barbara Golby, LCSW, Department of Social Work, and Roseann Tucci, RN, MSN, ANP, Department of Medicine

Join fellow adult survivors of childhood cancers for a discussion of the issues unique to this group, such as family relationships, changed perspectives, and late effects of treatment.

JAN 12, APR 20, JUL 13, OCT 12 5:00-6:00 PM

Men's Post-Treatment Support Group

Barbara Golby, LCSW, and Octavio Moreno-Lomeli, LMSW, Department of Social Work

This is a group for men who are finished with treatment. In this support group, common areas of concern will be discussed, including stamina, body image changes, sexuality, employment, communication with friends and family, concerns about health, and fear of recurrence.

JAN 26, APR 20, JUL 20, OCT 19 2:30-3:30 PM

Grace and Grit: A Women's Post-Treatment Support Group

Annamma Abraham Kaba, LCSW, and Barbara Golby, LCSW, Department of Social Work

This 8-week closed group is for women who have completed treatment for cancer. Topics will include stamina, body changes, sexuality, employment, communication with friends and family, anxiety about health, and fear of recurrence.

WINTER 2023

Women's Long-Term Survivors of Hodgkin Lymphoma

Annamma Abraham Kaba, LCSW, Department of Social Work, and Roseann Tucci, RN, MSN, ANP, Department of Medicine

This is a support group for women who are long-term survivors of Hodgkin lymphoma who were treated in childhood or young adulthood. Discussion focuses on coping with the impact of long-term treatment effects on relationships, career, and daily life.

MAR 6, JUN 5, SEP 11, DEC 4 1:00-2:15 PM

Black Women's Post-Treatment Group

Annamma Abraham Kaba, LCSW, and Barbara Golby, LCSW, Department of Social Work

This 8-week closed group is for Black women to discuss their experiences with life after cancer treatment.

SPRING 2023

Life After Cancer Support Group for Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) Cancer Survivors

Annie Schneider, LMSW, and Octavio Moreno-Lomeli, LCSW, Department of Social Work

This presentation and interactive discussion for survivors who identify as LGBTQ+ will address adjustment to life after cancer. Topics will include concerns about careers, dating, sexual health, fertility, fear of recurrence, and changed perspectives.

JUN 6 2:30-3:30 PM

Dating and Disclosure for Young Adults

Alexandra Russo, LCSW, Department of Social Work

It can be hard to know when, how, and whether to disclose your cancer history. This program will focus on the complexities of dating after treatment for young adults.

OCT 18 5:30-6:45 PM

Embodied for Young Adults

Alexandra Russo, LCSW, and Fiona Begg, LCSW, Department of Social Work

This program will cover common body image concerns for young adults who have completed treatment for cancer. It will review how physical changes after treatment can impact one's sense of self.

DEC 6 5:30-6:45 PM



Support Groups

DIAGNOSIS-SPECIFIC

Bladder Cancer Support Group

Sabrina Feldman, LMSW, Octavio Moreno-Lomeli, LMSW, Kara Worth, RN, Idara Inyang, RN, and Vashti Livingston, CWOCN

JAN 19, FEB 9, MAR 9, APR 12, MAY 11, JUN 8, JULY 13, AUG 10, SEP 14, OCT 12, NOV 9, DEC 14
12:00-1:15 PM

Brain Tumor Support Group

Victoria Lassen, LMSW, and Bora Manne, CNRN

JAN 9, FEB 13, MAR 13, APR 10, MAY 8, JUN 12, JULY 10, AUG 14, SEP 11, OCT 16, NOV 13, DEC 11
1:00-2:00 PM

Breast Cancer Support Group

Annamma Abraham Kaba, LCSW, and Diane Mead, LCSW

JAN 23, FEB 27, MAR 20, APR 17, MAY 15, JUN 26, JUL 17, AUG 21, SEP 18, OCT 16, NOV 20, DEC 18
2:30-4:00PM

Cancer-Related Lymphedema Support Group

Nicole Wood, LCSW, and Debbie Mattera, PT

JAN 12, MAR 2, MAY 4, JUL 6, SEP 7, NOV 2
4:00-5:30 PM

Colorectal Cancer Support Group

Nicole Theodore, LMSW, and Zana Correa, NP, BC

FEB 21, APR 18, JUN 20, AUG 15, OCT 17, DEC 19
1:00-2:00 PM

Esophageal Cancer Support Group

Barbara Golby, LCSW

JAN 9, MAR 13, MAY 8, JUL 10, SEP 11, NOV 13
1:00-2:00 PM

Gynecologic Cancer Support Group

Barbara Golby, LCSW, and Sally Eng, BSN, RN

JAN 10, FEB 14, MAR 14, APR 18, MAY 16, JUN 13, JUL 11, AUG 8, SEP 12, OCT 10, NOV 14, DEC 12
3:30-4:30 PM

Head, Neck, and Oral Cancer Support Group

Barbara Golby, LCSW, and Jessica Divanno, MSN, RN,
AGPCNP-BC

JAN 12, FEB 9, MAR 9, APR 20, MAY 11, JUN 8, JUL 13, AUG
10, SEP 14, OCT 12, NOV 9, DEC 14
2:00-3:00 PM

Lung Cancer Support Group

Barbara Golby, LCSW, and Carolyn Sadler, RN

JAN 17, FEB 21, MAR 21, APR 18, MAY 16, JUN 20, JUL 18,
AUG 15, SEP 19, OCT 17, NOV 21, DEC 19
11:30 AM-12:30 PM

Pituitary Support Group

Barbara Golby, LCSW, Jessica Divanno, MSN, RN, AGPCNP-BC,
Jenna Longo, BSN, RN, and Maria Sazo, BSN, RN

MAR 23, SEP 28
12:00-1:00 PM

Prostate Cancer Support Group

Sabrina Feldman, LMSW and Octavio Moreno-Lomeli, LCSW

JAN 12, FEB 2, MAR 2, APR 13, MAY 4, JUN 1, JUL 6, AUG 3,
SEP 7, OCT 5, NOV 2, DEC 7
12:00-1:00 PM



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