



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

Did you know that you can be “Blinged”?

Operation Bling Foundation’s mission is to bring a moment of happiness and cheer to cancer patients by giving them sparkling jewels free of charge during their cancer journey. Anytime during their treatment, patients have a choice of a ring, necklace, earrings, or bracelet, a gift from Operation Bling.

To schedule a bling, contact your social worker or resource center.

To learn more about the history and mission of Operation Bling, visit their website:

<https://www.operationblingfoundation.org/>



Take a moment to be quiet and centered. As you slowly trace the labyrinth with your finger, feel the relaxation. When you reach the center, reverse the direction until you find yourself back at the beginning.

There is a walking meditation labyrinth located on the Rooke Family Plaza (the roof of the Cancer Center). It is designed to help quiet the mind, find balance, focus internally and encourage meditation, insight and celebration. It is available for patients and family members at any time throughout the day.



Carol G. Simon Cancer Center

June 2026

June invites us into a season of light, warmth, and reflection—and within our Cancer Center community, it also brings a powerful opportunity to honor the extraordinary spirit of survivorship. On **June 11th from 6-8pm**, we recognize **National Cancer Survivors Day**, a time to celebrate the strength, tenacity, grace and grit of **YOU** who have faced cancer with courage. Survivorship is not simply about reaching a milestone—it is about the countless moments of resilience, the quiet acts of bravery, the willingness to keep going even on the hardest days, and the deep inner strength that continues to unfold long after diagnosis.

At the same time, we hold close the truth that no one walks this path alone. Behind every survivor is a circle of support—a village of caregivers, loved ones, clinicians, and friends—each offering compassion, encouragement, and presence. This month, we honor not only those who have endured and risen through their cancer journey, but also the caregivers who give so selflessly, often holding space, offering strength, and walking beside their loved ones every step of the way.

We are also pleased to offer a **post treatment survivorship group**, held on the **first Monday** of each month from **2:00-3:00 virtually**. This group is a supportive space to explore life after treatment, share experiences and learn more about the survivorship journey. If you are interested in joining or would like more information, please contact our **Resource Center at 973-971-5008**

It is a privilege and a blessing for us, as part of this Cancer Center community, to walk alongside each of you. Your stories inspire us. Your resilience humbles us. And your trust allows us to be part of something truly meaningful. As we move through June together, may we continue to foster connection, support one another, and celebrate the remarkable strength that lives within this community

Carol G. Simon Cancer Center
June 2026
Virtual Services for Morristown Medical Center

Ongoing Integrative Lectures

Self Help Energy Techniques:

Thursday, June 4th & 18th from 12:00pm-1:00pm

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.

Facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator

Zoom meeting link:

<https://atlantichealth.zoom.us/j/87914630051?pwd=SYbYVDV3fgQoyDuNnnUuyDAJysoyY7.1>

Meeting ID: 879 1463 0051 **Passcode:** 548439

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

Integrative Lectures

Thursday, June 25th from 12:00-1:00 pm

Topic: The Season of Summer in Your Body

Join us for a discussion of the Season of Summer from an Eastern Medicine perspective! This class covers ideal foods, exercises and practices to perform for ideal summer wellness, as well as the organs most affected at this time of year

Facilitated by Lynn Pridmore, Holistic Health Practitioner & Health Educator.

Zoom meeting link:

<https://atlantichealth.zoom.us/j/87914630051?pwd=SYbYVDV3fgQoyDuNnnUuyDAJysoyY7.1>

Meeting ID: 879 1463 0051 **Passcode:** 548439

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

Carol G. Simon Cancer Center
June 2026
Virtual Services for Morristown Medical Center

Ongoing Integrative Groups:

Guided Meditation: Wednesday, June 3rd from 12:00pm-12:30pm

Take some time to step back and go within.

Facilitated by Jean Marie Rosone, LCSW

Zoom meeting link:

<https://atlantichealth.zoom.us/j/87953067684?pwd=SqxW8mlom6l05pQvEgIXjepTCgUye7.1>

Meeting ID: 879 5306 7684

Passcode: 948220

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

Writing as a Way of Healing: WILL RESUME IN SEPTEMBER

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

Facilitated by Julie Maloney Author and Poet

Zoom meeting link:

<https://atlantichealth.zoom.us/j/88590749071?pwd=VD13orylQZSERRlyEalkpuUStOuaSp.1>

Meeting ID: 885 9074 9071

Passcode: 223764

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

Virtual Reiki Circle of Care: Tuesdays, June 2nd & 16th from 2:00pm-2:30pm

Join us for a weekly for virtual group Reiki session

Zoom meeting link:

<https://atlantichealth.zoom.us/j/88011456492?pwd=rTYYd01b8AbJnUHSTbWrJbvEvAon5l.1>

Meeting ID: 880 1145 6492

Passcode: 669394

Registration is not required, **If you have any questions, please call 973-971-6514**

Reiki-In Person & Virtual: Mondays from 10:00am –12:00pm-In Person and Thursdays from 10:00am –12:00pm-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. **To schedule a half hour session call 973-971-6182.**

Carol G. Simon Cancer Center
June 2026
Virtual Services for Morristown Medical Center



Ongoing Creative Arts Programs:

For more than 25 years, pianist Bob Egan has brought moments of comfort and calm to patients, families, and staff at the Carol G. Simon Cancer Center.

Music in the Atrium is in the cancer center lobby on select Thursdays and Fridays, offering live piano music and refreshments throughout the month.

- **June 4 (Thursday)**
- **June 12 (Friday)**
- **June 18 (Thursday)**
- **June 26 (Friday)**

From Monday through Wednesday, we are honored to host performances by the talented musicians Janet Billig, Rob Heinink, Vin Maiolo, and Steve Minzer. Their music brings comfort and enjoyment to the Carol G. Simon Cancer Center, and we are grateful for the warmth they share each week.

Art Therapy Group

Fridays, June 5th & 19th from 11:00am-12:00pm

Reconnect with yourself—and with others—through the power of creativity. Our bi-weekly art therapy group provides a warm, supportive space to explore emotions, ease stress, and express yourself through art—no experience required.

Led by a trained facilitator, each session offers gentle prompts, open creative exploration, and meaningful group reflection. Whether you join us in person or virtually, you'll discover how art can foster healing, insight, and connection.

All skill levels are welcome, and materials are provided.

Create, reflect, and grow—one session at a time. 🎨

Zoom meeting link:

<https://atlantichealth.zoom.us/j/88174003494?pwd=kUFmNpCDjmLAAeUgtrEnbjR4PRpY1H.1>

Meeting ID: 249 345 369 975 83

Passcode: 6KD9Ym2g

If you have any questions, please call 973-971-7287

Carol G. Simon Cancer Center
June 2026
Virtual Services for Morristown Medical Center

Ongoing Integrative Groups:

Forest Bathing: Friday, June 12th from 12:00pm-2:00pm

Forest Bathing is a gentle, mindful practice of spending time in nature, engaging the sense to connect with the sights, sounds and rhythms of the forest. This calming experience can help reduce stress, support emotional well-being and invite a sense of peace and restoration during the cancer journey.

Please join us at Willowood Arboretum,

300 Longview Rd, Far Hills, NJ 07931

To register, email Jeanmarie.Rosone@atlantichealth.org

Expressing cancer journeys: a creative workshop for patients

Fridays, WILL RESUME IN JULY Thursdays from 11:00am-1:00pm

Location: Oncology Radiation Conference room. 1st floor of the Carol G. Simon Cancer Center

Join us for a fun, supportive and expressive workshop where creativity meets healing.

Through breathing, movement and vocalization you'll explore a wide range of emotions that can come with the cancer experience, while inviting a little more lightness, levity and laughter along the way.

SAVE
the
DATE

“Stronger in the Broken Places”

Transforming adversity into resilience, growth, and inner strength.

Survivors Retreat June 17th

9:30am – 3:00pm

Loyola Retreat Center

161 James St.,
Morristown, NJ 07960

Carol G. Simon Cancer Center
June 2026
Virtual Services for Morristown Medical Center

Ongoing Support and Educational Groups:

I CAN-CER Vive Grad Group Virtual:

Wednesday, WILL RESUME IN JULY from 3:00pm-4:00 pm

This monthly graduate group is open to any past I CAN-CER Vive attendee

Facilitated by Jean Marie Rosone, LCSW

Zoom meeting link:

<https://atlantichealth.zoom.us/j/86376315772?pwd=A76kUbU8bwH4gqA56QKrXV3bF9mOGc.1>

Meeting ID: 863 7631 5772

Passcode: 093398

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

Survivors Post Treatment Group:

Monday, June 1st from 2:00pm-3:00 pm

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

Facilitated by Jean Marie Rosone, LCSW

Zoom Meeting Link:

<https://atlantichealth.zoom.us/j/81230723498?pwd=F8F4hTZGP3x0czNLVK7noO01MIAfQL.1>

Meeting ID: 812 3072 3498

Passcode: 023102

Morris County Ostomy Association Support Group:

Wednesday, June 17th 7:00pm-9:00pm

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.

Pre-registration required please email ostomymorris@gmail.com

Thriving Together

Tuesday, June 9th from 2:00pm-3:00pm

Topic: Body image and changes from treatment

Join us for our monthly support group and meet with other individuals who have been diagnosed with Cancer. This group will provide a supportive space to connect, share resources, feel empowered, and learn ways to cope. Open to patients who are in active treatment.

Registration required. Email Erin.Rinaldi@atlantichealth.org Phone: 973-831-5311

Carol G. Simon Cancer Center
June 2026
Virtual Services for Morristown Medical Center

Ongoing Support and Educational Groups:

Young Adult Cancer Survivor: Discussion Series:

Monday, June 15th from 6:00pm-7:00pm

Topic: Exploring creative expression

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.

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

Thriving with Metastatic Breast Cancer: A Discussion & Support Series

Wednesday, June 10th from 12:00pm-1:00 pm

This virtual monthly group will explore how to navigate the challenges that can arise as you continue to live your life post metastatic diagnosis.

Facilitated by Erica Schefflin, LCSW And Karen DeRenzi, RN

Pre-registration required please call 973-971-7985

"MyChart Crash course" or "Learn How to Navigate MyChart"

Call the Resource Center at 973-971-5008 to schedule a 15 minute in-person session to learn how to use and navigate MyChart to access your appointments, prescriptions, visit summaries, provider messages, and test results. Open to everyone, patients and non-patients.

Sessions will be held in the Resource Center located on the 1st floor of the Carol G. Simon Cancer Center.

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.

Nutrition & Lifestyle Recommendations for Cancer Survivorship



June is National Cancer Survivors Month

Please join Oncology Registered Dietitian:
Bridget Lacey MS, RD, CSO
for a virtual nutrition program:

Nutrition and Lifestyle Recommendations for Cancer Survivorship

Wednesday, June 10th, 2026
12:00–1:00 PM

This program will be hosted on Zoom.

To join, use the link below OR enter the meeting ID and Passcode

Join Zoom Meeting

<https://atlanticealth.zoom.us/j/88016107454?pwd=DbVbUORqOPcbSIFbp9XWuVdTLVvWOL1>

Meeting ID: 880 1610 7454 Passcode: 751583

This program is free and open to patients, caregivers, and community members.

Questions, please call: **973-971-6288**



Cancer Survivors Celebration

choose hope



Join us for an evening honoring your journey, celebrating community, and embracing your inner strength and courage.

The Celebration will include:

- Music
- A community art experience
- Meaningful connection with others who understand
- Light refreshments

The National Cancer Survivors Day Foundation defines SURVIVOR as anyone living with a history of cancer – from the moment of diagnosis through the remainder of life.

Event open to those treated at Chilton and Morristown Medical Center

Thursday, June 11, 2026

6:00 to 8:00pm

Morristown Medical Center

Carol G. Simon Cancer Center Lobby

Registration is required

Please scan the QR code or call (973) 971-5870 to register by May 29, 2026.



JUNE 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Reiki-In Person 1 10:00am-12:00 pm Survivors Post Treatment Group 2:00pm-3:00pm	Virtual Reiki Circle of Care 2 2:00-2:30pm	Guided Meditation 3 12:00pm-12:30pm	Music in the Atrium 4 10:00am-12:00pm Self-Help Energy Techniques 12:00am-1:00pm Reiki-Virtual Available by appointment Please call to schedule 973-971-6182	Art Therapy Group 5 11:00am-12:00pm	6
7	Reiki-In Person 8 10:00am-12:00 pm	Thriving Together 9 Topic: Body Image and changes from treatment 2:00pm-3:00pm	Thriving with Metastatic Breast Cancer: a Discussion & Support Services 10 12:00pm-1:00pm Reiki-Virtual Available by appointment Please call to schedule 973-971-6182 Nutrition & Lifestyle Recommendations for Cancer Survivorship NEW 12:00pm-1:00pm	Integrative Wellness Lecture 11 Topic: The Eight Limbs of Yoga 12:00am-1:00pm Cancer Survivors Celebration NEW 6:00pm-8:00pm	Music in the Atrium 12 10:00am-12:00pm Forest Bathing Willowood Arboretum 12:00pm-2:00pm	13
14	Reiki-In Person 15 10:00am-12:00 pm Young Adult Cancer Survivors: Exploring creative expression 6:00pm-7:00pm	Virtual Reiki Circle of Care 16 2:00-2:30pm	Survivors Retreat NEW 17 "Stronger in the Broken Places" 9:30am-3:00pm Morris County Ostomy Association Support Group 7:00pm-9:00pm	Music in the Atrium 18 10:00am-12:00pm Self-Help Energy Techniques 12:00pm-1:00pm Reiki-Virtual Available by appointment Please call to schedule 973-971-6182	Art Therapy Group 19 11:00am-12:00pm	20
21	Reiki-In Person 22 10:00am-12:00 pm	23	24	Integrative Wellness Lecture 25 Topic: Fact vs. Story 12:00am-1:00pm Reiki-Virtual Available by appointment Please call to schedule 973-971-6182	Music in the Atrium 26 10:00am-12:00pm	27
28	Reiki-In Person 29 10:00am-12:00 pm	30				