

65+ Team Member Spotlight: Richard Glassman, LCSW



Richard is a licensed clinical social worker who graduated from Hunter College School of Social Work in 1982 and has worked in both hospital settings and in mental health facilities. He has been at Memorial Sloan Kettering Cancer Center for more than 11 years and, for the most part, has been caring for people suffering from urological cancers who are being treated with palliative measures. He works with patients and caregivers either individually, in couples, or with the entire family and also leads psycho-educational groups. Underlying Richard's practice is

the belief that a patient is a person first, with a unique history and inner resources that he tries to understand in order to maximize each person's strengths, helping him or her to cope more effectively with cancer-related issues, whether medical or psychological.

Treating Symptoms and Improving Well-Being

We're looking forward to our upcoming 65+ educational program "Treating Symptoms and Improving Well-Being: A Workshop." Memorial Sloan Kettering's Department of Integrative Medicine will provide lectures and demonstrations intended to improve the lives of people dealing with the side effects of cancer treatment. Staff with expertise in fitness, nutrition, yoga, herbs and botanicals, massage, acupuncture, and Tai Chi/Qi-gong will lead the sessions. This program will be held on Tuesday, October 14, from 10:00 AM to 2:00 PM in the Zuckerman Auditorium at 417 East 68th Street. Light refreshments will be served. We hope that staff and patients can attend this informative program. Listed below are some of the staff who will be presenting.

MICHELE SCHUMAN, LMT, LMSW

Michele, a nationally certified and New York State licensed Massage Therapist with a Master's degree in Social Work, is a member of the 65+ team representing the Integrative Medicine Service. She is a senior member of a highly skilled massage therapy team that provides a range of touch therapies to both older and younger patients throughout every stage of their medical journey. Massage can help older patients achieve a higher quality of life while they adapt to the challenges of cancer diagnosis and treatment. It can provide symptom relief for symptoms such as pain, postoperative discomfort, nausea, fatigue, stress, anxiety and depression, as well as improved circulation, joint flexibility and range of motion. It also offers a caring and nurturing touch, helps a person feel 'good again' in their body, increases relaxation and cultivates awareness of the mind-body connection. Sessions are tailored to each person's needs, including individualized recommendations and techniques for self-care."

ABOUT THE 65+ PROGRAM A diagnosis of cancer is difficult at any age, but older patients face unique challenges. Memorial Sloan Kettering is committed to providing cancer patients aged 65 and older with the treatment and support they need. The 65+ Program offers the Services of a multidisciplinary geriatric team, including physicians, clinical nurse specialists, social workers, nutritionists, pharmacists, and psychiatrists, as well as members of the Pain and Palliative Care Service and the Integrative Medicine Service. The programs and care provided focus on the unique needs of cancer patients aged 65 and older.

If you would like more information about the 65+ Program or a referral to one of our team members, please call 646-888-3659.

SUPPORT THE 65+ PROGRAM

If you would like to make a tax-deductible gift to support MSK's 65+ Program, please call

646-888-3659.

K. SIMON YEUNG, PHARMD, LAC

K. Simon Yeung is a pharmacist and an herbalist with in-depth knowledge of botanical products and potential herb-drug interactions. He manages the Integrative Medicine Service's About Herbs website, which provides unbiased information about dietary supplements and unproven anticancer treatments. Elderly cancer survivors tend to use prescription drugs together with supplements without professional guidance, which increases the potential of adverse effects from herb-drug interactions. This website is a valuable resource that can help educate patients about the proper use of dietary supplements to avoid harm.

JONATHAN SIMAN, MS, LAC

Jonathan Siman, MS, LAc, is an acupuncturist in the Integrative Medicine Service. He received his bachelor's degree from Tufts University and his master of science degree in traditional Chinese medicine from Touro College. Jonathan is board-certified by the National Certification Commission for Acupuncture and Oriental Medicine, licensed by New York State, and a member of the Society for Integrative Oncology. Jonathan's clinical practice at MSK focuses on treating a diverse population of adult and pediatric patients across cancer diagnoses and throughout all stages of their cancer care. He treats patients at MSK

outpatient sites in Manhattan and Brooklyn as well as inpatients at Memorial Hospital. Jonathan also works with the Integrative Medicine research team and has a strong interest in clinical acupuncture research in the oncology setting.

In the integrative oncology setting, acupuncture can be helpful for mitigating many of the side effects associated with chemotherapy, radiation, and surgery. Studies have shown that acupuncture can be beneficial for patients experiencing cancer-related pain, fatigue, nausea and vomiting, anxiety, peripheral neuropathy, hot flashes, xerostomia, GI issues (such as constipation and diarrhea), and headaches.

Lectures/Workshops

65+Program Upcoming Events

Treating Symptoms and Improving Well-Being: A Workshop

Thursday, October 14, 2014

10:00 AM – 2:00 PM

**Zuckerman Auditorium
417 East 68th Street**

Introduction

Ting Bao, MD

Acupuncture

Jonathan Siman, MS, L.Ac

Massage

Michele Schuman, LMT, LMSW

Mind-Body Therapies

Robert Schmehr, LCSW

Herbs and Dietary Supplements

Simon Yeung, PharmD, L.Ac.

Fitness

Donna Wilson, RN, CSN

TO REGISTER: Please call **646-888-4740** or email **RLAC@mskcc.org**

FOR MORE INFORMATION, please call **646-888-4741**.