

FEBRUARY 2017

HopeWell's programs are always offered at **no charge!**

HopeWell helps people with cancer and their loved ones find their way through the life-changing impact of a cancer diagnosis.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>It's Cold and Flu Season!</p> <p>If you are feeling under the weather, please do take care of yourself and consider staying home to rest. If you do come to HopeWell, you'll notice hand purifier and facemasks in the house and barn to protect the health of all in our community. Thank you!</p>	<p>Walk With Hope</p> <p>Fall/Winter Programming Note:</p> <p>If the outside temperature is below 35 degrees, the Walk With Hope will not be held. Please call if you are unsure about the weather as it relates to the walk.</p>		<p>1</p> <ul style="list-style-type: none"> ○ 11:00 am QiGong ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique 	<p>2</p> <ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Coloring for Adults 	<p>3</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindfulness Meditation (week 3) ○ 12:30 pm Yoga Nidra 	<p>4</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (week 2) ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women ○ 11:45 am Born to Move
<p>5</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:15 pm Lunch & Learn <i>House Calls</i> ✱ <i>Speaker: Mary Lynn McPherson, Pharm D, MA, BCPS, CPE</i> ○ 6:00 pm QiGong ○ 7:00 pm Breast Cancer Group 	<p>6</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting 	<p>7</p> <ul style="list-style-type: none"> ○ 11:00 am QiGong ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique 	<p>8</p> <ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:30 pm Healthy Lunch Club: Winter Soups and Stews ○ 7:30 pm Ovarian Cancer Group 	<p>9</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindfulness Meditation (week 4) ○ 12:30 pm Yoga Nidra 	<p>10</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (week 3) ○ 10:30 am Strength and Tone for Men and Women ○ 11:45 am Born to Move 	
<p>12</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Look Good... Feel Better ○ 1:00 pm Metastatic Breast Cancer Group ○ 6:00 pm QiGong 	<p>13</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ○ 7:00 pm Welcome Meeting 	<p>14</p> <ul style="list-style-type: none"> ○ 11:00 am QiGong ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique 	<p>15</p> <ul style="list-style-type: none"> ✓ 9:30 am Breakfast Conversation with Suzanne: HopeWell's 20th REACHOUT & RUN: <i>Help Us Celebrate, Remember, Brainstorm</i> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class: Collage 	<p>16</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindfulness Meditation (week 5) ○ 12:30 pm Yoga Nidra 	<p>17</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (week 4) ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women ○ 11:45 am Born to Move 	
<p>19</p> <p>HopeWell Closed</p> <p>Presidents Day</p> <p>No daytime or evening classes or groups.</p>	<p>20</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ✓ 6:30 pm Living with Cancer, Raising a Family ○ 7:00 pm Welcome Meeting 	<p>21</p> <ul style="list-style-type: none"> ○ 11:00 am QiGong ✓ 12:30 pm Needlework ... Craft and Meditation ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique 	<p>22</p> <ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading: Thread Spool Window Decoration ○ 7:30 pm Ovarian Cancer Group 	<p>23</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindfulness Meditation (week 6) ○ 12:30 pm Yoga Nidra 	<p>24</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (week 5) ○ 10:30 am Strength and Tone for Men and Women ○ 11:45 am Born to Move 	
<p>26</p> <ul style="list-style-type: none"> ✓ 10:00 am – 3:00 pm A Day of Mindfulness 	<p>27</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm THRIVE! (orientation) ○ 1:00 pm Metastatic Breast Cancer Group ○ 6:00 pm QiGong ○ 6:30 pm Brain Tumor Group ○ 6:30 pm Lung Cancer Group 	<p>28</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Social Side Effects: Relationships after a Cancer Diagnosis ✱ <i>Speaker: Erin Gillard, LCSW-C, RYT</i> ✓ 6:30 pm Blood Cancer Networking Group/Open Discussion ○ 7:00 pm Welcome Meeting 	<p>HopeWell's Winter Weather Policy</p> <ul style="list-style-type: none"> • HopeWell will follow Baltimore County's closure policy on weekday mornings when the weather is inclement. We'll post this information on our website and our telephone message as well, at least 1 hour in advance. • Sometimes roads are clear by late morning, in which case we may choose to resume our scheduled programming. This will be announced on the website and telephone message as well. • On weekends we will announce any closure decisions on the website and in our telephone message. When possible, we will make these announcements on Friday. 			

Something for everyone...

HopeWell offers more than 125 opportunities each month for people coping with cancer to find support, learn and feel better.

- Support groups
- Networking groups
- Programs for children and teens who have a loved one with cancer
- Yoga, Qigong, Exercise & Mindfulness Meditation
- Educational programs with health care experts
- Expressive Arts
- Bereavement groups for adults, kids and teens
- Information and referral services

Weekly Participant Support Groups

- For people with cancer
- For family members and significant others of someone with cancer

Weekly Participant Groups are a powerful source of support. Facilitated by licensed mental health professionals, these groups provide opportunities to explore new ways of dealing with the stress of a cancer diagnosis, reduce isolation and feel inspired by others. For people with cancer, learn techniques to be an effective partner with your health care team. For family members, learn techniques to be an effective caregiver and take care of yourself at the same time.

Interested participants meet individually with program staff to learn more about these groups. Please call 410.832.2719 for more information.

New to HopeWell?

Come to a Welcome Meeting

Tuesdays at 7:00 pm
Thursdays at 12:00 pm

These "drop-in" sessions are your personalized introduction to HopeWell. Learn about our mission and programs and tour the house and grounds. Patients, family members, and close friends are welcome.

Please feel free to call and speak with us at 410-832-2719.

○ **OPEN PROGRAMS** These programs are offered on a drop-in basis. No RSVP or pre-registration is required.

✓ **RSVP REQUIRED** Please call to join these groups/classes, or write to rsvp@hopewellcancersupport.org.

■ Interested participants meet individually with Program Staff to learn more about this group. Please call 410-832-2719.

✱ **SPEAKER**

Breakfast Conversation with Suzanne: HopeWell's 20th REACHOUT & RUN: Help Us Celebrate, Remember, Brainstorm

Thursday, February 16, 9:30 – 11:00 AM

Every year HopeWell goes "on the road" to Goucher College for our annual fundraiser – 5k Run/Walk REACHOUT & RUN, with 1-mile Walk with Hope. It is a wonderful moment! Our community and the community-at-large converge, bringing together the spirit and energy of 10628 Falls Road.

April 23rd is a milestone: our 20th REACHOUT & RUN. We want it to be the biggest and best ever!

- **If you've ever participated** – come and help us think about how to make this event even more meaningful. We'd love your memories – photos – stories – observations.
- **If you've never participated** – come and learn from others as we reflect on the importance of this event – to HopeWell and to those who participate.

Please join us for a morning of conversation about why our race is super important, and how to keep it going strong for the next HopeWell generation.

rsvp@hopewellcancersupport.org

Needlework... Craft and Meditation

Wednesday, February 22, 12:30 – 2:00 PM

Facilitator: Wanda Harrison, LCSW-C

Knitting, crochet, needlepoint...all are rewarding in and of themselves; when you've finished, you have a tangible result. But there are other benefits as well...

- The repetitive motion of needlework can induce a relaxation response similar to that of meditation or yoga.
- It can help you focus.
- Doing needlework with others in a group is another opportunity to find and give support.

- It is a nice way to socialize and share your skill with others.

Bring your current projects if you're working on something and practice. If this craft is new to you, there will be others who can help you get started.

rsvp@hopewellcancersupport.org

A Day of Mindfulness

Sunday, February 26, 10:00 AM – 3:00 PM

Instructor: Lee Halfpenny, RYT

For those who have had some experience with mindfulness and meditation. The day will comprise walking and sitting meditation and a period of yoga nidra and hatha yoga.

- Some meditation will be guided, some will be done on your own.
- Lee will give short instructions throughout the day.
- Please wear loose clothing.
- Please bring your lunch as we will be eating together in silence in the barn.

This day will allow you to deepen your practice.

rsvp@hopewellcancersupport.org

Blood Cancer Networking Group Meeting/Open Discussion

Tuesday, February 28, 6:30 – 8:00 PM

Facilitator: Deborah Shapiro, PhD

This co-sponsored support/networking group welcomes all patients and families who have been touched by leukemia, lymphoma, Hodgkin's disease, MDS and myeloma. This month is a general meeting for discussion of any concern related to blood cancers. In addition, time will be devoted to identifying the topics you'd like to discuss and learn about in the months ahead related to the issues and challenges of blood cancer survivorship and solutions.

rsvp@hopewellcancersupport.org

Thrive: New Group Forming!

Orientation:

Monday, February 27, 12:30 – 1:30 PM

6-Week Session:

Mondays, 12:30 – 2:00 PM

March 6, 13, 20, 27 and April 3, 10

Facilitator: Sharon Calvano, LCSW-C

This program will motivate you to make small behavior changes that can turn into long-term habits.

- Understand what gets in your way when making healthy and positive changes.
- Learn to celebrate your strengths.
- Get help from the group with identifying goals, developing a plan and finding the support to reach them.

rsvp@hopewellcancersupport.org

Living with Cancer

Social Side Effects: Relationships After a Cancer Diagnosis

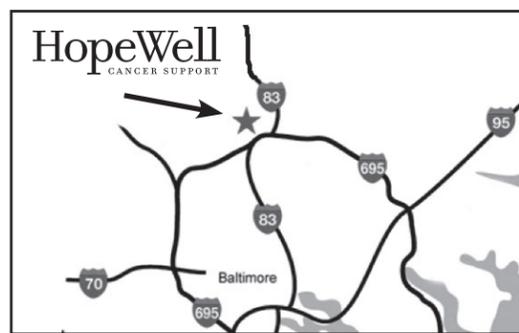
Tuesday, February 28, 6:30 – 8:00 PM

Speaker/Facilitator: Erin Gillard, LCSW-C, RYT

Relationships can change in unexpected ways after a cancer diagnosis, both in finding support that you did not realize was there and renegotiating relationships that may not be as strong as you thought and hoped they were. In this workshop we will:

- Explore these shifts.
- Discuss ways to communicate.
- Explore ideas for coping with the feelings that may accompany these changes.

rsvp@hopewellcancersupport.org



HopeWell
CANCER SUPPORT

Since 1993, it has been our pride and our privilege to create a community for all people with cancer, their families and friends, that encourages an exchange of information, the development of a support system and the presence of hope.



Stay connected to HopeWell!

Facebook.com/HopeWellCancerSupport

Instagram/HopeWellCancerSupport

YouTube/HopeWell Baltimore

For the latest news and information from HopeWell check out:

www.hopewellcancersupport.org

If you have any questions:

cancerhelp@hopewellcancersupport.org

Street Address:

10628 Falls Road,
Lutherville, MD 21093

Contact Information:

Tel: 410.832.2719

Fax: 410.337.0937

P.O. Box 755, Brooklandville, MD 21022

HopeWell Happenings

FEBRUARY 2017

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN FEBRUARY

HopeWell's programs are always offered at no charge!



Coloring for Adults: Relaxing, Calming, Providing Focus

Thursday, February 2, 1:00 – 2:30 PM

Facilitators: Wanda Harrison, LCSW-C and Patti Campbell, HopeWell Staff

Coloring for adults has gained in popularity recently, and it has become popular at HopeWell, too.

- There's some evidence showing that coloring is calming, relaxing and helps focus your mind.
- Adults who enjoy coloring say it can bring to mind simpler times.
- Some psychologists have called coloring a form of meditation.
- In this workshop, we'll set a quiet tone, with soft music in the background, and talk a bit about the value of coloring. And then...we'll color.

rsvp@hopewellcancersupport.org

Managing Cancer Pain and Side Effects: What You Need to Know

Monday, February 6, Lunch & Learn

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM

House Calls Speaker: Mary Lynn McPherson, Pharm D, MA, BCPS, CPE

Having cancer doesn't always mean you'll have pain, but if you do or are living with someone who does, this program is for you. Dr. Lynn McPherson, Professor & Executive Director, Advanced Post-Graduate Education in Palliative Care, Department of Pharmacy Practice and Science, University of Maryland School of Pharmacy, will present the latest research and information about cancer pain, including:

- How to assess pain.
- How to treat it.
- How to manage adverse side effects from treatment.
- Why people might not get the pain treatment they need.
- Suggestions on how to advocate for yourself so that your pain is properly addressed by your healthcare team.

Dr. McPherson is an international authority in the fields of pain management and palliative care, and the 2014 recipient of the Maryland Pharmacist Association's Seidman Distinguished Achievement Award. She will be joined by resident, Dr. Kelly Mendoza.

rsvp@hopewellcancersupport.org



Mary Lynn McPherson

Healthy Lunch Club: Winter Soups and Stews

Thursday, February 9, 12:30 – 2:00 PM

Facilitator: Sharon Calvano, LCSW-C

There's plenty of cold weather left this season, so join Sharon for some new healthy soup and stew recipes. These one-dish meals can pack in a lot of nutrition. Sharon will provide at least one vegetarian option. Please bring a healthy dish to share.

rsvp@hopewellcancersupport.org

Concentration, Relaxation and Meditation

Tuesdays, February 7, 14, 21, 28

12:00 – 12:45 PM

Instructors: Jeanne Deignan-Kosmides and Jana Long

When you are living with cancer, it may be especially challenging to concentrate and relax. This class can help focus attention, manage distractions, and promote an overall sense of calmness and relaxation. Each class features new practices and techniques. This month: A Continuation of Buddhist Tea Meditation.

- This type of meditation occurs while the person meditating brews and drinks tea.
- Like most forms of meditation, the goal of tea meditation is to practice awareness in the present moment without judgment about what one is doing, thinking, or feeling.

All are welcome to any of the classes.

Look Good...Feel Better

Monday, February 13, 12:30 – 2:30 PM

Look Good...Feel Better, a free, brand-neutral national program, helps individuals look good, improve their self-esteem and manage their treatment and recovery with greater confidence. HopeWell offers this program in cooperation with the American Cancer Society.

rsvp@hopewellcancersupport.org

Collage: Free Association with Pictures

Thursday, February 16, 1:00 – 2:30 PM

Instructor: David Cunningham

This class will focus on the power of free association and expression through images, paper and markers.

- Free association is decision making based on instinct instead of a predetermined plan.
- Through this type of swift decision making, a real meaning can be found in art.
- Each person will be invited to create a personal collage on fine art paper.
- We will have a great time exploring the beauty of pattern and meaning within free association and collage-making.

rsvp@hopewellcancersupport.org