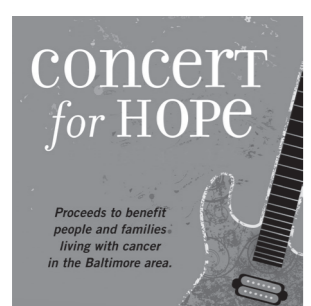


MARCH 2017

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>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. 			<p>1</p> <ul style="list-style-type: none"> ○ 11:00 am QiGong ■ 1:00 pm Creating Healing Images ○ 6:00 pm NO CLASS - Nia Technique 	<p>2</p> <ul style="list-style-type: none"> ✓ 9:30 am Race Tutorial + Breakfast ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Healthy Lunch Club * Plus House Calls Speaker: Melanie Beers, RDN, LDN, CRT 	<p>3</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindful Meditation (week 7) ○ 12:30 pm Yoga Nidra 	<p>4</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (week 6) ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women ○ 11:45 am Born to Move
 <p>concert for HOPE</p> <p>Proceeds to benefit people and families living with cancer in the Baltimore area.</p> <p>concert for HOPE</p> <p>Saturday, March 4th Baltimore Soundstage</p> <p>6:00 VIP Reception with acoustic set of The Bridge covering songs by The Band</p> <p>8:30 General Admission (doors open at 8:00)</p> <p>Tickets at ticketfly.com</p>	<p>5</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Thrive (week 1) ○ 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 ✓ 6:30 pm Pancreatic Cancer: A Panel Discussion * House Calls Speakers: Nader Hanna, MD; Daniel Laheru, MD; Amol K. Narang, MD ○ 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 ✓ 12:15 pm Lunch & Learn * House Calls Speaker: Bonnie Schulman, PT ○ 7:30 pm Ovarian Cancer Group 	<p>9</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindful Meditation (week 8) ○ 12:30 pm Yoga Nidra 	<p>10</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 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 Thrive (week 2) ○ 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"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class: Drawing from Nature 	<p>16</p> <ul style="list-style-type: none"> ○ 11:00 am Coloring for Adults ○ 12:30 pm Yoga Nidra 	<p>17</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women ○ 11:45 am Born to Move
	<p>19</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Thrive (week 3) ○ 6:00 pm QiGong ✓ 7:00 pm Breast Cancer Group – Emotional Aspects of a Breast Cancer Diagnosis * House Calls Speaker: Sara Rosen, MD 	<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 ✓ 6:00 pm Kids Grief Orientation 	<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: Beaded Wire Wrap Drop Earrings ○ 7:30 pm Ovarian Cancer Group 	<p>23</p> <ul style="list-style-type: none"> New! ✓ 10:30 am Yoga Nidra and Art: Explorations in Creativity 	<p>24</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 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"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Thrive (week 4) ○ 1:00 pm Metastatic Breast Cancer Group ○ 6:00 pm QiGong ○ 6:30 pm Brain Tumor Group ○ 6:30 pm Lung Cancer Group 	<p>27</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 Blood Cancer Networking Group – Advances in Blood Cancer Research, Treatment, and Clinical Trials * House Calls Speaker: B. Douglas Smith, MD ○ 7:00 pm Welcome Meeting 	<p>28</p> <ul style="list-style-type: none"> ○ 11:00 am QiGong ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique ✓ 6:00 pm Kids Grief (week 1) 	<p>29</p> <ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Dance Medicine! New! Instructor: Maria Broom, Performer and Educator 	<p>30</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindful Meditation (week 1) ○ 12:30 pm Yoga Nidra 	<p>31</p> <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>

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**

express yourself. Join Jackie and Patti to make a pair of gold tone wire wrap drop earrings. Each participant will have a choice of clear beads or red beads (to match the January class project heart pendant). This class is great for all levels.

rsvp@hopewellcancersupport.org

Yoga Nidra and Art: Explorations in Creativity – *New!*

Friday, March 24, 10:30 AM – 12:30 PM

Instructor: Lee Halfpenny, RYT

Facilitator: Louise Lumen, ATR

Yoga Nidra or “yogic sleep” is a meditative practice that offers a deep level of relaxation. Expressive arts provide an opportunity for creative expression.

- Please join Lee Halfpenny, Yoga Instructor, and Louise Lumen, Art Therapist, for a unique program combining yoga nidra and art.
- Find new tools to help manage stress, increase energy and create a visual image reflecting your experience today.
- No prior yoga or art background necessary.

rsvp@hopewellcancersupport.org

Conversations with Suzanne Have Evolved!

We'll be back in late spring with a different approach for these community gatherings.

In the meantime, we'd love your feedback. Please let us know what you found valuable about these meetings, what else you'd like to talk about, and any other related suggestions you have.

Write to:
cancerhelp@hopewellcancersupport.org

For now, all hands are on deck as we prepare for our 20th Annual REACHOUT & RUN Celebration on April 23rd.

Meet the Doctor: Advances in Blood Cancer Research, Treatment, and Clinical Trials



Date: Tuesday, March 28, 6:30 – 8:00 PM

House Calls Speaker: B. Douglas Smith, MD

Join us this month as we welcome Dr. B. Douglas Smith, Professor of Oncology at Johns Hopkins Medicine, to provide an

update on the advancements in blood cancer research, treatment, and clinical trials.

The group is co-sponsored by The Leukemia & Lymphoma Society and HopeWell Cancer Support and is open to adult patients and caregivers touched by leukemia, lymphoma, myeloma and MDS.

rsvp@hopewellcancersupport.org

Dance Medicine!

Thursday, March 30, 1:00 – 2:30 PM



Instructor: Maria Broom, Performer and Educator

Maria Broom is nationally recognized as an actress for her recurring roles in HBO's “The Wire” and “The Corner,” but she also has a Masters in Dance Therapy and 40 years of experience as a storyteller and dancer.

She has performed and taught all over the world, and currently teaches theater at Baltimore School for the Arts.

- Maria will start with a calming meditation to rest your body and mind.
- Then she'll put on some great music and lead you in simple dance movements that help release tension, worries and stress while getting exercise as well.
- All levels are welcome, dancers and non-dancers alike.

rsvp@hopewellcancersupport.org

Mindfulness Meditation – New Class Starting

**Fridays, 10:00 AM – 12:00 PM
8-Week Series Starting March 31**

Instructor: Lee Halfpenny, RYT

This class presents mindfulness meditation, breath work and yoga as critical skills for managing life's challenges. These practices enable participants to see the value and preciousness of the present moment, open to the possibility of transforming crisis into opportunity, and minimize the physical, emotional, mental and spiritual tolls of ordinary and extraordinary stresses. Attendance beginning at the first session is highly recommended.

rsvp@hopewellcancersupport.org **once for the entire eight week series.**

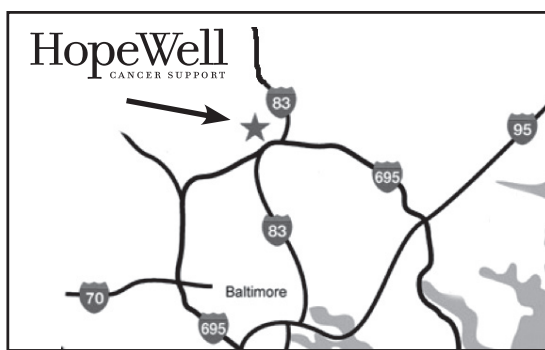
Creating Healing Images: An Art-Based Support Group

Wednesday Afternoons

Facilitator: Louise Lumen, ATR

This is a weekly, art-based support group designed to provide a supportive environment for meaningful, in-depth sharing. Our focus is on the visual and verbal expression of the impact of cancer – whether personally or supporting a loved one. No previous experience with art materials is necessary, just openness to express emotions in a new way. Pre-registration is required for this program.

To learn more, call (410) 832-2719.



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

MARCH 2017

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN MARCH

HopeWell's programs are always offered at no charge!

REACHOUT & RUN Sign-up Tutorial + Light Breakfast: 3 Ways You Can Help Our Race Succeed

Thursday, March 2, 9:30 – 11:00 AM

Carole Sharp, LCSW-C, Program Director, and Pamela Tanton, HopeWell Staff

The more involved you get in REACHOUT & RUN (Sunday, April 23), the more fun you can have in the weeks leading up to the race. Find out which of these 3 ways will work for you:

- Start a team and let your friends and family know. Learn from a participant who surprised herself last year at the donations she got and how easy it was to do so.
- Join an existing team and learn how to raise money as a team member.
- Make a general donation to the race.

We'll show you how to sign up and register. (Credit cards are needed for online registration.)

This is the 20th Annual REACHOUT & RUN Celebration. Help us succeed beyond our wildest dreams – for HopeWell!

rsvp@hopewellcancersupport.org

Healthy Lunch Club Plus House Calls Speaker: Nutrition, Cancer & Food Sensitivities

Thursday, March 2, Lunch, 12:15 – 12:30 PM; Program, 12:30 – 2:00 PM



House Calls Speaker: Melanie Beers, RDN, LDN, CRT

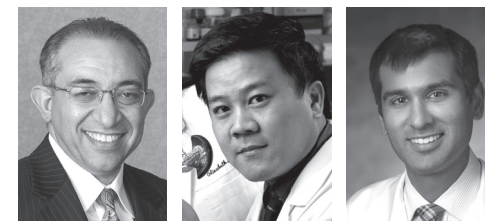
Join Melanie Beers, Registered Dietitian Nutritionist at Nourish Nutrition for:

- The latest information on nutrition and cancer.
- The most common food sensitivities and who tends to develop them.

- Answers to your questions about the best ways to set healthy nutrition goals for 2017.

- Please bring a healthy dish to share.

rsvp@hopewellcancersupport.org



Dr. Nader Hanna Dr. Daniel Laheru Dr. Amol K. Narang

Pancreatic Cancer: A Panel Discussion Featuring A Triad of Oncology Specialists

Tuesday, March 7, 6:30 – 8:00 PM

House Calls Speakers:

Nader Hanna, MD Surgical Oncologist
Director of Cancer Institute, University of Maryland, St. Joseph Medical Center

Daniel Laheru, MD Medical Oncologist
Johns Hopkins Sidney Kimmel Comprehensive Cancer Center

Amol K. Narang, MD Radiation Oncologist
Johns Hopkins Sidney Kimmel Comprehensive Cancer Center

Comprehensive treatment of pancreatic cancer often requires expertise in several medical specialties. Every physician in this program has a special interest in pancreatic cancer, along with a specialty in either surgery, medical oncology, or radiation oncology.

During this program, our panel of experts will discuss:

- Current treatment options for pancreatic cancer.
- Side effects of each treatment and their management.
- Current research and a discussion of what's on the horizon in this field.

This program presents a unique opportunity for you to ask questions of and gain in-depth knowledge from these pancreatic cancer experts.

rsvp@hopewellcancersupport.org

Lunch and Learn – Common Sense Physical Therapy: Perspective on Pain

Thursday, March 9

**Lunch, 12:15 – 12:30 PM
Program, 12:30 – 2:00 PM**

House Calls Speaker: Bonnie Schulman, PT

There are different sources of cancer pain. It may come from the cancer itself but also from surgery, treatment or even medication. Sometimes it can be hard to zero in on the cause, but when you're able to do that, you're better equipped to do something about it. This program complements the Pain Management program held at HopeWell in February, but this time from the perspective of a physical therapist.

Please wear comfortable clothing to this experiential program.

rsvp@hopewellcancersupport.org

Emotional Aspects of a Breast Cancer Diagnosis

Monday, March 20, 7:00 – 8:30 PM

House Calls Speaker: Sara Rosen, MD

Diagnosis and treatment of breast cancer can bring on a range of feelings and emotional responses.

- Join Dr. Sara Rosen, Psychiatrist, Sandra and Malcolm Berman Comprehensive Breast Care Center, GBMC, to discuss emotional experiences and self-care from diagnosis through completion of treatment and beyond.
- Your questions and comments are welcome during this program.

rsvp@hopewellcancersupport.org

The Art of Beading: Beaded Wire Wrap Drop Earrings

Thursday, March 23, 1:00 – 2:30 PM

Instructors: Jackie Orsini, Volunteer and Patti Campbell, HopeWell Staff

Beading can help you to relax, focus and