
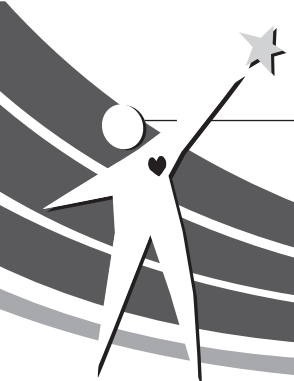


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Conversations with Suzanne Have Evolved! <p>We'll be back in late spring with a different approach for these community gatherings. In the meantime, we'd love your feedback. Please let us know what you found valuable about these meetings, what 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.</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
	<ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Thrive (week 5) ○ 6:00 pm QiGong ○ 7:00 pm Breast Cancer Group 	<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 	<ul style="list-style-type: none"> ○ 11:00 am QiGong ✓ 12:15 pm REACHOUT & RUN Sign-Up Tutorial ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique 	<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 	<ul style="list-style-type: none"> ✓ 10:00 am Mindful Meditation (week 1) ○ 12:30 pm Yoga Nidra 	<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
	<ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Thrive (week 6) ○ 1:00 pm Metastatic Breast Cancer Group ○ 6:00 pm QiGong 	<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 	<ul style="list-style-type: none"> ○ 11:00 am QiGong ✓ 12:15 pm Easing the Way: Discussions about End of Life ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique 	<ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:30 pm Healthy Lunch Club – Spring is Here: Making the Most of the Season's Vegetables ○ 7:30 pm Ovarian Cancer Group 	<ul style="list-style-type: none"> ✓ 10:00 am Mindful Meditation (week 2) ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 12:30 pm Yoga Nidra 	<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 NO CLASS ○ 11:45 am Born to Move NO CLASS
 <p>Our program schedule is on "pause" this week as we gear up for our 20th Annual Celebration of REACHOUT & RUN on April 23rd! If you'd like to help us with race prep this week, please write to race@hopewellcancersupport.org. We hope to see you on Race Day!</p>						
<ul style="list-style-type: none"> 7:30 am REACHOUT & RUN, Goucher College 20th Anniversary Celebration! 	<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 ✓ 2:00 pm Art Class – Work in Clay: Garden Sanctuary ○ 6:00 pm QiGong ○ 6:30 pm Brain Tumor Group ○ 6:30 pm Lung Cancer Group ✓ Lung Cancer: Options, Issues, Progress * House Calls Speaker: Julie Brahmer, MD, M.Sc. 	<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 Support / Networking Group ○ 7:00 pm Welcome Meeting 	<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 	<ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading ○ 7:30 pm Ovarian Cancer Group 	<ul style="list-style-type: none"> ✓ 10:00 am Mindful Meditation (week 3) ○ 12:30 pm Yoga Nidra 	<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

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**

(Coloring the Spaces, Clearing the Mind, cont'd)

We've been offering coloring for some time now, and participants have offered the following thoughts about their experiences:

- "It's hard to take time for myself, but I know that when I come to my coloring group, I'm setting aside time that's just for me."
- "Focusing on my coloring slows down my breathing and makes me feel calmer."
- "Sitting and coloring quietly with others, gives me the space to let my thoughts flow freely in a way that doesn't happen during my day-to-day life."

Research has shown that coloring can be relaxing and help focus your mind, and our experience at HopeWell is bearing this out. This group is open to all.

rsvp@hopewellcancersupport.org

Look Good...Feel Better

Monday, April 24, 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

Art Class – Work in Clay: Garden Sanctuary

Monday, April 24, 2:00 – 3:30 PM

Instructor: David Cunningham

Create a sculpture utilizing terra cotta clay. We will use a special technique to build a simple shape and form reminiscent of a form or figure from nature. The artworks will be collected, fired in a kiln, and returned during our May class for painting.

No experience needed to enjoy this unique, creative workshop.

rsvp@hopewellcancersupport.org

Lung Cancer: Options, Issues, Progress



Monday, April 24, 6:30 – 8:00 PM

House Calls Speaker: Julie Brahmer, M.D., M.Sc.

Dr. Julie Brahmer, Director of the Thoracic Oncology Program at the Sidney Kimmel Comprehensive Cancer Center at Bayview and Associate Professor of Oncology at the Johns Hopkins Sidney Kimmel Comprehensive Cancer Center, specializes in the treatment of lung cancer. Dr. Brahmer's research and clinical practice focuses on the development of new therapies and she has written numerous papers on her research findings.

- Please join her this evening to get information on the latest treatment options for lung cancer.
- She will also talk about decision-making for treatment, short and long term side effects and their management and advances in research.

Please bring your questions!

rsvp@hopewellcancersupport.org

Blood Cancer Support and Networking Group

Tuesday, April 25, 6:30 – 8:00 PM

Facilitator: Deborah Shapiro, PhD

This group is designed to address the unique concerns of those living with a blood cancer. Join this group for support, information and inspiration.

- Learn from others who have had a similar experience.
- Help others who can learn from you.
- Enjoy the camaraderie and sense of community one often feels when sharing with others who understand just what you are going through.

This co-sponsored support/networking group welcomes all patients and families who have been touched by leukemia, lymphoma, Hodgkin's disease, MDS and myeloma.

rsvp@hopewellcancersupport.org



Needlework... Craft and Meditation

Wednesday, April 26, 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

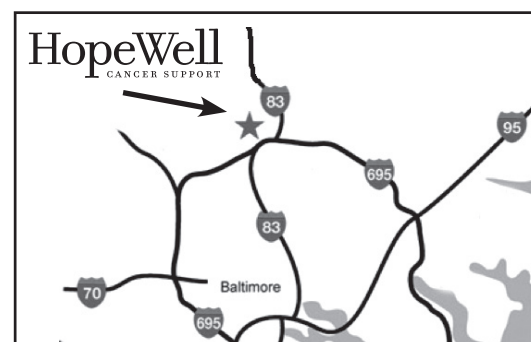
The Art of Beading: Bead Pendant

Thursday, April 27, 1:00 – 2:30 PM

Instructors: Charlotte Maranto, Volunteer, Patti Campbell, HopeWell Staff

Beading can help you to relax, focus and express yourself. Join Charlotte and Patti to create a one-of-a-kind pendant. This class is great for all levels

rsvp@hopewellcancersupport.org



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

APRIL 2017

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN APRIL

HopeWell's programs are always offered at no charge!



REACHOUT & RUN Sign-Up Tutorial:

REACHOUT & REGISTER!

Wednesday, April 5, 12:15 – 1:45 PM

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

Haven't signed up for the race yet? Want to donate, but don't know how?

We can show you:

- How to register.
- How to donate.
- How to spread the word.
- How to write a friendly request for donations.

Credit cards needed for online sign-up and donations. Your participation can help us make this the best race ever!

rsvp@hopewellcancersupport.org

Lunch and Learn – Common Sense Physical Therapy: Working Smarter, Not Harder, To Be Fit

Thursday, April 6

Lunch, 12:15 – 12:30 PM

Program, 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

What comes to mind when you think to yourself, "I want to be fit?" or "I need to work out?" A vigorous session on a treadmill or lifting lots of weights?

Nearly everyone wants to be fit, but it's important to keep in mind that, as Bonnie says, "Just doing exercise doesn't necessarily have a value."

In this program, Bonnie will discuss:

- How to work out smarter, not harder.
- How to make working out work for you.
- How to assess your current health needs so that your fitness goals are realistic.

Please wear comfortable clothing to this experiential program.

rsvp@hopewellcancersupport.org

Easing the Way:

Discussions about End of Life

Wednesday, April 12

Light Lunch 12:15 – 12:30 PM

Program 12:30 – 2:00 PM

Facilitators: Wanda Harrison, LCSW-C, Carole Sharp, LCSW-C

Everyone will face the end of life. Making plans for this eventuality helps people consider their legacy as individuals and gives them a way to ensure their end of life is handled in the way they choose. A cancer diagnosis can focus one's thoughts on this issue more strongly, even when the prognosis is good.

- Planning ahead can help family communication at times of heightened emotion.
- In this discussion, we'll offer some thought-provoking questions, tools, and resources all designed to help make the conversation open, straightforward and comfortable.
- Although this is a serious subject, our discussion is sure to be infused with humor at times ...and, as always, the wisdom of our community.

rsvp@hopewellcancersupport.org

Healthy Lunch Club – Spring is Here: Making the Most of the Season's Vegetables

Thursday, April 13, 12:30 – 2:00 PM

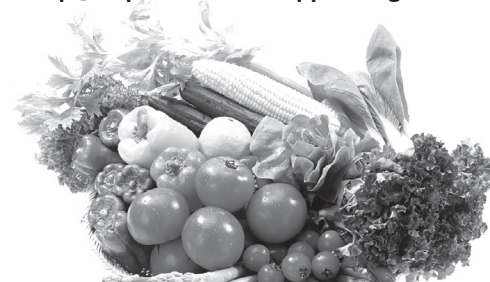
Facilitator: Sharon Calvano, LCSW-C

As the season changes, your menu choices can also shift.

- What are your favorite meals as the weather gets nicer?
- Where are the farmers markets in this area, and what days are they open?
- What kinds of veggies are coming in season at this time of year?
- Bring your favorite spring vegetable recipes for a recipe exchange.

Sharon will cover these topics as we celebrate the arrival of spring. Please bring a healthy dish to share.

rsvp@hopewellcancersupport.org



Coloring the Spaces, Clearing the Mind

Friday, April 14, 11:00 AM – 12:30 PM

Facilitators: Carole Sharp, Program Director, LCSW-C, Patti Campbell, HopeWell Staff

(continued on back)

Yoga Nidra – Show Your Support!

Fridays, April 7, 14 and 28 • 12:30 – 1:30 PM

Instructor: Lee Halpenny, RYT

The practice of yoga nidra, which means "yogic sleep," helps rest and restore participants through guided imagery and deep relaxation, often resulting in a sense of inner peace. No experience necessary. Everyone is welcome.

Please note that we plan to continue to offer Yoga Nidra through the month of April. If you would like to see this class continue in the future, please show your interest and support by participating this month

