

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ○ 6:00 pm QiGong ○ 7:00 pm Breast Cancer Group	2 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting	3 ○ 11:00 am QiGong ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique NO CLASS ✓ 6:30 pm Chanting, Q&A with Tibetan Monks	4 ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Lunch & Learn * House Calls Speaker: Bonnie Schulman, PT	5 ○ 10:00 am Mindfulness Meditation NO CLASS ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 12:30 pm Yoga Nidra NO CLASS	6 ○ 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
7	8 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ○ 1:00 pm Metastatic Breast Cancer Group ○ 6:00 pm Qigong	9 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group with Teens ○ 7:00 pm Welcome Meeting	10 ○ 11:00 am QiGong ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique	11 ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Healthy Lunch Club * Spring Back with Erik Berlin, AKA "Chef Egg" ○ 7:30 pm Ovarian Cancer Group	12 ✓ 10:00 am Mindfulness Meditation (week 4) ○ 12:30 pm Yoga Nidra	13 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women ○ 11:45 am Born to Move
14	15 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ○ 6:00 pm QiGong ○ 7:00 pm Breast Cancer Group	16 ○ 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	17 ○ 11:00 am QiGong ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique	18 ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class – Landscape Painting	19 ✓ 10:00 am Mindfulness Meditation (week 5) ○ 12:30 pm Yoga Nidra	20 ○ 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 ✓ 1:00 pm After Cancer: Reconstructing Me * Speaker/Facilitator: Erin Gillard, LCSW-C, RYT
21	22 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ○ 1:00 pm Metastatic Breast Cancer Group ○ 6:00 pm Qigong ○ 6:30 pm Brain Tumor Group ○ 6:30 pm Lung Cancer Group	23 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group with Teens ○ 6:30 pm Blood Cancer Support / Networking Group ○ 7:00 pm Welcome Meeting	24 ○ 11:00 am QiGong ■ 1:00 pm Creating Healing Images ○ 6:00 pm Nia Technique	25 ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading ○ 7:30 pm Ovarian Cancer Group	26 ✓ 10:00 am Mindfulness Meditation (week 6) ○ 12:30 pm Yoga Nidra	27 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women ○ 11:45 am Born to Move
28	29 HopeWell Closed Memorial Day Holiday No daytime or evening classes or groups.	30 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting	31 ○ 11:00 am QiGong ✓ 12:30 pm Needlework... Craft and Meditation ■ 1:00 pm Creating Healing Images ✓ 6:30 pm Addressing the Often Unspoken Effects of Radiation Therapy * House Calls Speaker: Samantha DuFlo, PT, DPT	 <p>Conversations with Suzanne Have Evolved!</p> <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</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**

(Living with Cancer, Raising a Family, cont'd)

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 support/networking group welcomes parents who are facing the issues of a cancer diagnosis while meeting the needs of their children.

Art Class: Landscape Painting

Thursday, May 18, 1:00 – 2:30 PM

Instructor: David Cunningham

Create a painting based on a landscape theme. We will walk at HopeWell and discover objects from the grounds. Branches, leaves, stones, and elements from nature will be combined as a source for our landscape paintings in the barn.

No experience needed; all are invited to join in. Materials will be provided.

rsvp@hopewellcancersupport.org

After Cancer: Reconstructing Me



Saturday, May 20
1:00 – 2:30 PM

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

Major life changes, such as a cancer diagnosis, can lead to loss of familiar roles and pieces of ourselves, shaking our sense of self. In this

program, facilitated by Licensed Clinical Social Worker and Yoga Instructor, Erin Gillard, you will learn how to begin the process of integrating change and loss into your identity.

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Blood Cancer Support and Networking Group

Tuesday, May 23, 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.

Needlework... Craft and Meditation

Wednesday, May 31, 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.

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Addressing the Often Unspoken Effects of Radiation Therapy

Date: Wednesday, May 31, 6:30 – 8:00 PM

House Calls Speaker: Samantha DuFlo, PT, DPT



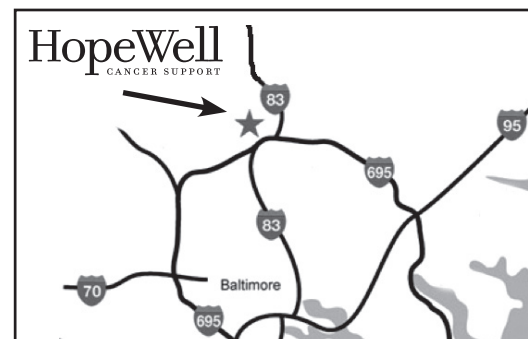
Dr. Samantha DuFlo has a doctorate in physical therapy, with a specialization in pelvic physical therapy, and treats the pain, weakness, and scar tissue that can result from surgery and radiation therapy.

- Radiation in the pelvic area binds tissue and can narrow the pelvic canal, affecting sexual function and continence, or bowel and bladder function. Relationships can be affected, and incontinence makes some people feel homebound. Dr. DuFlo will discuss pelvic dilator therapy and treatments for incontinence.
- For those who have had breast cancer, Dr. DuFlo will discuss opening up scar tissue, scar self-massage, and ways to treat pain and weakness.
- Muscle releases, trigger point therapy, and breath work will also be covered in this presentation.
- Dr. DuFlo's goal is to provide patient education, and deep healing that can return people to their prior level of physical condition and function.

This program would be of most interest to people with ovarian, uterine, cervical, vaginal, colorectal, and breast cancer. But those with other kinds of cancers may be interested as well and are welcome to attend.

Please bring your questions!

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HopeWell Happenings

MAY 2017

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN MAY

HopeWell's programs are always offered at no charge!

Concentration, Relaxation and Meditation

This Month's Theme:

The Writings of Daniel J. Siegel, MD

Tuesdays, May 2, 9, 16, 23, 30
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. In May:

- We'll review the writings of Daniel J. Siegel, Clinical Professor of Psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA.
- Dr. Siegel's book, *Mindsight: The New Science of Personal Transformation* (Bantam, 2010), offers us an in-depth exploration of the power of the mind to integrate the brain and promote well-being.
- We will be using his "Wheel of Awareness" as part of our meditation practices.

No experience is necessary. All are welcome to any of the classes. Come when you can.

Chanting in the Barn plus Q&A with Tibetan Monks of the Drepung Gomang Monastery

Wednesday, May 3, 6:30 – 8:00 PM

Monks of the Drepung Gomang Monastery, brought to us by Baltimore Yoga Village

There are 2,000 monks in the Drepung Gomang Monastery who follow the teachings of H.H. the Dalai Lama. They come from an exiled Tibetan monastery that is now in the south of India. A group of eight of those monks travels in North America to share traditional Tibetan arts and culture and to spread their message of peace, loving kindness, wisdom, and compassion.

Join us in the barn as the Drepung Gomang monks present a program that includes:



- The deep, rich Tibetan chanting that can help you enter a meditative state.
- An educational session about their monastic life, their way of life, their culture, etc.
- Opportunity to ask your questions.

There is no charge for this program, but donations will be gratefully accepted.

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Lunch and Learn – Common Sense Physical Therapy: Your Feet, Your Foundation

Thursday, May 4

Lunch, 12:15 – 12:30 PM

Program, 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

Having trouble with your feet can affect your overall well-being. Bonnie will discuss the following issues:

- Neuropathy in the foot due to chemotherapy.
- How the foot affects movement and walking.
- Stretches and exercises for various conditions affecting the foot.
- The kinds of shoes that are best for you.

Please wear comfortable clothing to this experiential program.

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Coloring the Spaces, Clearing the Mind

Friday, May 5, 11:00 AM – 12:30 PM

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

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 class is open to all.

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Healthy Lunch Club – Spring Back with Erik Berlin, aka "Chef Egg"

Thursday, May 11
12:30 – 2:00 PM

Facilitator: Sharon Calvano, LCSW-C



As the season changes, your menu choices can also shift. Chef Egg will prepare the following spring dishes:

- Chilled Pea and Mint Soup w. Greek yogurt
- Greek Garbanzo Salad
- Vegan Chocolate Mousse

Please bring a healthy dish to share.

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Living with Cancer, Raising a Family

Tuesday, May 16, 6:30 – 8:00 PM

Facilitator: Deborah Shapiro, PhD

Do you find it difficult to explain cancer to your children and teens? Do you sometimes feel overwhelmed as you struggle with the fatigue of cancer treatment while trying to keep up with energetic kids?

(continued on back)



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

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