

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Later this summer, look for our newly evolved "Community Conversations."</b></p> <p><b>First topic to be announced!</b></p> <p>We hope you'll join in on these important gatherings.</p>		<p><b>Quiet Fridays in the Summer Months</b></p> <p>We have designated Fridays in the summer months as "quiet days" for the HopeWell administrative office. All of our programs will continue as usual.</p>		<p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 12:30 pm Lunch and Learn – <i>Common Sense Physical Therapy: Tricks and Tips for Building Exercise Into Your Day</i></p> <p>* House Calls Speaker: Bonnie Schulman, PT</p>	<p>✓ 10:00 am Mindfulness Meditation (week 7)</p> <p>○ 12:30 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone for Men and Women</p> <p>○ 11:45 am Born to Move</p>
<p>✓ 1:00 – 3:00 pm 2017 HopeWell Annual Reunion</p> <p>Kids Circle Reunion</p> <p>National Cancer Survivors Day</p>	<p>○ 9:30 am Walk with Hope</p> <p>○ 11:00 am Strength and Tone</p> <p>○ 6:00 pm Qigong</p> <p>○ 7:00 pm Breast Cancer Group</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 6:00 pm Yoga</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>○ 11:00 am QiGong</p> <p>■ 1:00 pm Creating Healing Images</p> <p>○ 6:00 pm Nia Technique</p>	<p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 12:30 pm Healthy Lunch Club <i>Protein: Why We Need It, What are the Sources?</i></p> <p>○ 7:30 pm Ovarian Cancer Group</p>	<p>✓ 10:00 am Mindfulness Meditation (week 8)</p> <p>○ 12:30 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone for Men and Women</p> <p>○ 11:45 am Born to Move</p>
<p><b>Join Us June 4!</b></p> <p><b>HOPWELL ANNUAL REUNION</b></p> <p>Sunday June 4 1:00 – 3:00 PM</p> <p>Who Doesn't Love a Picnic?</p> <p>Visit with HopeWell friends and staff, enjoy the outdoors... it's all about the simple pleasures.</p> <p>rsvp@hopewellcancersupport.org</p>	<p>○ 9:30 am Walk with Hope</p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 12:30 pm Look Good, Feel Better</p> <p>○ 1:00 pm Metastatic Breast Cancer Group</p> <p>○ 6:00 pm QiGong</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 6:00 pm Yoga</p> <p>■ 6:30 pm Adult Bereavement Group</p> <p>✓ 6:30 pm Parent Grief Group</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>○ 11:00 am QiGong</p> <p>■ 1:00 pm Creating Healing Images</p> <p>○ 6:00 pm Nia Technique</p>	<p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 1:00 pm Line Dancing – <i>New!</i></p> <p>✓ 6:30 pm Pancreatic Cancer Support and Networking Group – <i>New!</i></p>	<p>✓ 10:00 am Mindfulness Meditation <b>NO CLASS</b></p> <p>✓ 11:00 am Coloring the Spaces, Clearing the Mind</p> <p>○ 12:30 pm Yoga Nidra <b>NO CLASS</b></p>	<p>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone for Men and Women</p> <p>○ 11:45 am Born to Move</p>
	<p>○ 9:30 am Walk with Hope</p> <p>○ 11:00 am Strength and Tone</p> <p>○ 6:00 pm Qigong</p> <p>✓ 7:00 pm Breast Cancer Group – <i>Breast Cancer: Options for Addressing Short-Term and Long-Term Effects of Surgery and Treatment</i></p> <p>* House Calls Speaker: Sara Fogarty, D.O.</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 6:00 pm Yoga</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>○ 11:00 am QiGong</p> <p>■ 1:00 pm Creating Healing Images</p> <p>○ 6:00 pm Nia Technique</p> <p>✓ 6:30 pm Highlights from the 2017 American Society of Clinical Oncology (ASCO) Meeting</p> <p>* House Calls Speaker: Eric Seifter, MD</p>	<p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 1:00 pm The Art of Beading</p> <p>○ 7:30 pm Ovarian Cancer Group</p>	<p>✓ 10:00 am Mindfulness Meditation <b>NO CLASS</b></p> <p>✓ 10:30 am Writing for Wellness: Change Your Story, Change Your Life</p> <p><i>Facilitator: Michelle Pearce, PhD</i></p> <p>○ 12:30 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone for Men and Women</p> <p>○ 11:45 am Born to Move</p>
	<p>○ 9:30 am Walk with Hope</p> <p>○ 11:00 am Strength and Tone</p> <p>○ 1:00 pm Metastatic Breast Cancer Group</p> <p>○ 6:00 pm Qigong</p> <p>○ 6:30 pm Brain Tumor Group</p> <p>○ 6:30 pm Lung Cancer Group</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 6:00 pm Yoga</p> <p>■ 6:30 pm Adult Bereavement Group</p> <p>✓ 6:30 pm Parent Grief Group</p> <p>○ 6:30 pm Blood Cancer Support/Networking Group</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>○ 11:00 am QiGong</p> <p>✓ 12:30 pm Needlework... Craft and Meditation</p> <p>■ 1:00 pm Creating Healing Images</p> <p>○ 6:00 pm Nia Technique</p>	<p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p>	<p>✓ 10:00 am Mindfulness Meditation <b>NO CLASS</b></p> <p>○ 12:30 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone for Men and Women</p> <p>○ 11:45 am Born to Move</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**

(Breast Cancer: Options for Addressing Short-Term and Long-Term Effects of Surgery and Treatment, cont'd)

surgeon and a specialist in all aspects of breast disease. She will discuss:

- Nerve pain
- Lymphedema
- Issues that may arise because of implants
- Infections
- Tips for coping with side effects and complications
- Ongoing research

Please join in for this informational presentation and discussion. Your questions are welcome.

[rsvp@hopewellcancersupport.org](mailto:rsvp@hopewellcancersupport.org)

### Highlights from the 2017 American Society of Clinical Oncology (ASCO) Meeting

**Wednesday, June 21, 6:30 – 8:00 PM**

*House Calls Speaker: Eric Seifter, MD*

Dr. Eric Seifter, Professor of Medicine at the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins, will present the latest information in cancer treatment discussed at the annual American Society of Clinical Oncology meeting.

- This is ASCO's premier educational and scientific event.
- Dr. Seifter will provide a rare opportunity to learn about the most current developments in oncology care.
- There will be ample opportunity for questions.

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### The Art of Beading: Wire-Wrap Bracelet with Beads

**Thursday, June 22, 1:00 – 2:30 PM**

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

Beading can help you to relax, focus and express yourself. Join Jackie and Patti to make a wire-wrap bracelet with a large bead at each end. This class is great for all levels.

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### Writing for Wellness: Change Your Story, Change Your Life



**Friday, June 23, 10:30 AM – 12:30 PM**

*Facilitator: Michelle Pearce, PhD*

Words have creative power. The way we interpret our experiences determines how we feel, behave, and live.

- Sometimes we get stuck in limiting interpretations or life stories.
- In this workshop, you will learn how to re-narrate your life stories to improve your health, well-being, and vitality.
- Join Dr. Michelle Pearce, Clinical Psychologist and Assistant Professor with the Center for Integrative Medicine at the University of Maryland School of Medicine, to explore writing as a healing tool.

Dr. Pearce is passionate about helping people achieve their health-related goals and live balanced, peaceful lives. Her clinical practice focuses on using the connection between mind, body and spirit to improve health and obtain optimal well-being. No writing experience necessary.

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### Blood Cancer Support and Networking Group

**Tuesday, June 27, 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.

This month, we will be discussing the cost of living with blood cancer and navigating the insurance system. We will also be reviewing the resources available to people with blood cancers for financial guidance and assistance.

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, June 28, 12:30 – 2:00 PM**

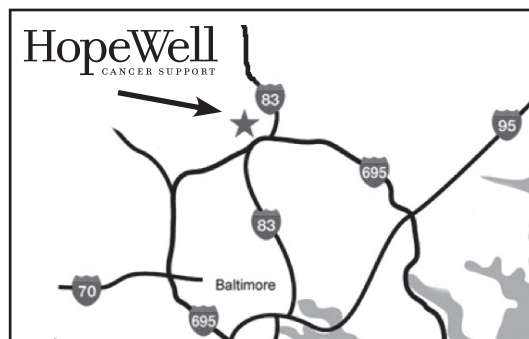
*Facilitator: Wanda Harrison, LCSW-C*

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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**HopeWell**  
CANCER SUPPORT

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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.

For the latest news and information from HopeWell check out:

[www.hopewellcancersupport.org](http://www.hopewellcancersupport.org)

If you have any questions:

[cancerhelp@hopewellcancersupport.org](mailto:cancerhelp@hopewellcancersupport.org)

### Stay connected to HopeWell!



Facebook.com/HopeWellCancerSupport



Instagram/HopeWellCancerSupport



YouTube/HopeWell Baltimore



# HopeWell Happenings

**JUNE 2017**

## CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN JUNE

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

### Lunch and Learn – Common Sense Physical Therapy: Tricks and Tips for Building Exercise Into Your Day

**Thursday, June 1**

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

*House Calls Speaker: Bonnie Schulman, PT*

There are all kinds of ways to build exercise into your day. You don't have to commit yourself to doing it all at once. Bonnie will offer ideas for ways to move your body...

- In the kitchen.
- On the stairs.
- In a chair.
- Walking from room to room.

Join in on this workshop for practical tips that are also a lot of fun.

Please wear comfortable clothing to this experiential program.

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### Concentration, Relaxation and Meditation

*This Month's Theme:*

**Yoga As A Peace Practice™**

**Tuesdays, June 6, 13, 20, 27  
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 June, we will explore Yoga As A Peace Practice™, which offers an experience of yoga to guide participants into a deeply contemplative practice for developing self-awareness, survival strategies and coping skills.

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

### Healthy Lunch Club – Protein: Why We Need It, What are the Sources?

**Thursday, June 8, 12:30 – 2:00 PM**

*Facilitator: Sharon Calvano, LCSW-C*

- How do you know if you're getting enough daily protein?
- What are the different sources of protein in the diet?
- Why is protein an important dietary component?
- What role does protein play in overall health?

Sharon Calvano, LCSW-C, will facilitate this discussion. Please bring your questions and a healthy dish to share.

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### Look Good...Feel Better

**Monday, June 12, 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.

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### Line Dancing – New!

**Thursday, June 15, 1:00 – 2:30 PM**

*Instructor: Wanda Harrison, LCSW-C*

Line dancing is a choreographed dance with a repeated step sequence. It's performed in a group.

- We'll do the Madison, popular in the 50s, and the Electric Slide, a disco dance from the 70s, and other dances you may want to share with the class.
- Join in and learn a dance or share a dance.
- Experience the camaraderie of dancing the same steps with a group.
- Get the benefits of the cardiovascular exercise that line dancing offers.

All welcome!

[rsvp@hopewellcancersupport.org](mailto:rsvp@hopewellcancersupport.org)

### New Program Announcement

#### Pancreatic Cancer Support and Networking Group

**Thursday, June 15, 6:30 – 8:00 PM**

*Facilitator: Erin Gillard, LCSW-C, RYT*

This new monthly group, formed especially for people with pancreatic cancer, is designed to address the unique concerns, challenges and issues they face living with this disease.

Please join us for the very first meeting of this new networking group for inspiration, information and support. The group meets on the third Thursday of each month. Adult family members are welcome to attend.

- 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.

[rsvp@hopewellcancersupport.org](mailto:rsvp@hopewellcancersupport.org)

### Breast Cancer: Options for Addressing Short-Term and Long-Term Effects of Surgery and Treatment



**Monday, June 19  
7:00 – 8:30 PM**

*House Calls Speaker: Sara Fogarty, D.O.*

There can be a wide range of side effects resulting from breast cancer surgery and treatment depending on the interplay of many

factors. These include stage of disease, specific type of surgery, chemotherapy and/or radiation, and decisions about whether to have reconstruction or not. Dr. Sara Fogarty, Associate Director at the Sandra and Malcolm Berman Breast Center at GBMC, is a breast

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