

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Something for everyone...</b></p> <p>HopeWell offers more than 125 opportunities each month for people coping with cancer to find support, learn and feel better.</p> <ul style="list-style-type: none"> <li>• Support groups</li> <li>• Networking groups</li> <li>• Programs for children and teens who have a loved one with cancer</li> <li>• Yoga, Qigong, Exercise &amp; Mindfulness Meditation</li> <li>• Educational programs with health care experts</li> <li>• Expressive Arts</li> <li>• Bereavement groups for adults, kids and teens</li> <li>• Information and referral services</li> </ul>		<p><b>Later this summer, look for our newly evolved "Community Conversations."</b></p> <p><i>First topic to be announced!</i></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.</p> <p>All of our programs will continue as usual.</p>		<p>1</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:15 am Couples Group</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> <li>○ 11:45 am Born to Move <b>NO CLASS</b></li> </ul>
<p>2</p> <p><b>Walk with Hope will take place if the temperature is below 90 degrees F.</b></p>	<p>3</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>○ 6:00 pm Qigong <b>NO CLASS</b></li> <li>○ 7:00 pm Breast Cancer Group <b>NO GROUP MEETING</b></li> </ul>	<p>4</p> <p><b>HopeWell Closed Fourth of July Holiday</b></p> <p><i>No daytime or evening classes, groups and Welcome Meeting.</i></p>	<p>5</p> <ul style="list-style-type: none"> <li>○ 11:00 am Qigong</li> <li>■ 1:00 pm Creating Healing Images</li> <li>○ 6:00 pm Nia Technique <b>NO CLASS</b></li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 12:15 pm Healthy Lunch Club Plus Speaker <i>Cancer, the Immune System and Diet</i> *House Calls Speaker: Melanie Beers, RDN, LDN, CRT</li> <li>✓ 6:30 pm Weekly Meditation Class - <b>New!</b></li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (week 1)</li> <li>○ 12:30 pm Yoga Nidra</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> <li>○ 11:45 am Born to Move <b>NO CLASS</b></li> </ul>
<p>9</p>	<p>10</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>○ 1:00 pm Metastatic Breast Cancer Group</li> <li>○ 6:00 pm Qigong</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Concentration, Relaxation, Meditation</li> <li>○ 6:00 pm Yoga</li> <li>■ 6:30 pm Adult Bereavement Group</li> <li>✓ 6:30 pm Parent Grief Group <b>NO GROUP MEETING</b></li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>✓ 9:30 am Creative Photography: A Way to Re-Focus and De-Stress - <b>New!</b> (week 1)</li> <li>○ 11:00 am Qigong</li> <li>■ 1:00 pm Creating Healing Images</li> <li>○ 6:00 pm Nia Technique <b>NO CLASS</b></li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 6:30 pm Weekly Meditation Class - <b>New!</b></li> <li>○ 7:30 pm Ovarian Cancer Group</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (week 2)</li> <li>✓ 11:00 am Coloring the Spaces, Clearing the Mind</li> <li>○ 12:30 pm Yoga Nidra</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:15 am Couples Group</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> <li>○ 11:45 am Born to Move <b>NO CLASS</b></li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>✓ 10:00 am - 3:00 pm A Day of Mindfulness * Instructor: Lee Halfpenny, RYT</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>○ 6:00 pm Qigong <b>NO CLASS</b></li> <li>✓ 6:00 pm Therapeutic Yoga Workshop</li> <li>○ 7:00 pm Breast Cancer Group</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Concentration, Relaxation, Meditation</li> <li>○ 6:00 pm Yoga</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>✓ 9:30 am Creative Photography: A Way to Re-Focus and De-Stress - <b>New!</b> (week 2)</li> <li>○ 11:00 am Qigong</li> <li>■ 1:00 pm Creating Healing Images</li> <li>○ 6:00 pm Nia Technique <b>NO CLASS</b></li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 6:30 pm Weekly Meditation Class <b>New!</b></li> <li>✓ 6:30 pm Pancreatic Support and Networking Group - <b>New!</b></li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (week 3)</li> <li>○ 12:30 pm Yoga Nidra</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> <li>○ 11:45 am Born to Move <b>NO CLASS</b></li> </ul>
<p>23</p>	<p>24</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>○ 1:00 pm Metastatic Breast Cancer Group</li> <li>○ 6:00 pm Qigong</li> <li>○ 6:30 pm Brain Tumor Group</li> <li>○ 6:30 pm Lung Cancer Group</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Concentration, Relaxation, Meditation</li> <li>○ 6:00 pm Yoga</li> <li>■ 6:30 pm Adult Bereavement Group</li> <li>✓ 6:30 pm Parent Grief Group with Kids and Teens</li> <li>○ 6:30 pm Blood Cancer Support/Networking Group</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>✓ 9:30 am Creative Photography: A Way to Re-Focus and De-Stress - <b>New!</b> (week 3)</li> <li>○ 11:00 am Qigong</li> <li>✓ 12:30 pm Needlework... Craft and Meditation</li> <li>■ 1:00 pm Creating Healing Images</li> <li>○ 6:00 pm Nia Technique <b>NO CLASS</b></li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>○ 11:00 am Stretch and Tone <b>NO CLASS</b></li> <li>✓ 11:00 am Line Dancing!</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 1:00 pm The Art of Beading: Bead Soup Earrings</li> <li>✓ 6:30 pm Weekly Meditation Class - <b>New!</b></li> <li>○ 7:30 pm Ovarian Cancer Group</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (week 4)</li> <li>○ 12:30 pm Yoga Nidra</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> <li>○ 11:45 am Born to Move <b>NO CLASS</b></li> <li>✓ 1:00 pm Living with Cancer: How Do I Feel About My New Normal? * Speaker/Facilitator: Erin Gillard, LCSW-C, RYT</li> </ul>
<p>30</p>	<p>31</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>○ 6:00 pm Qigong</li> </ul>	<p><b>Weekly Participant Support Groups</b></p> <ul style="list-style-type: none"> <li>• For people with cancer</li> <li>• For family members and significant others of someone with cancer</li> </ul>	<p>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.</p> <p>Interested participants meet individually with program staff to learn more about these groups. Please call 410.832.2719 for more information.</p>	<p><b>New to HopeWell?</b></p> <p><i>Come to a Welcome Meeting</i></p> <p><b>Tuesdays at 7:00 pm</b></p> <p><b>Thursdays at 12:00 pm</b></p>	<p>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.</p> <p>Please feel free to call and speak with us at 410-832-2719.</p>	<ul style="list-style-type: none"> <li>○ <b>OPEN PROGRAMS</b> These programs are offered on a drop-in basis. No RSVP or pre-registration is required.</li> <li>✓ <b>RSVP REQUIRED</b> Please call to join these groups/classes, or write to <a href="mailto:rsvp@hopewellcancersupport.org">rsvp@hopewellcancersupport.org</a>.</li> <li>■ Interested participants meet individually with Program Staff to learn more about this group. Please call 410-832-2719.</li> <li>* <b>SPEAKER</b></li> </ul>

(A Day of Mindfulness, cont'd)

- 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](mailto:rsvp@hopewellcancersupport.org)

### Therapeutic Yoga Workshop – Bonus Yoga Session

**Monday, July 17, 6:00 – 7:00 PM**

*Guest Instructor: Amy Nusbaum, RN, RYT*

Feeling stressed or uneasy? Does it feel like you have no energy? Do your shoulders, neck and back feel tight? In this workshop, Amy Nusbaum, a registered nurse and yoga instructor, will use a variety of props (balls, pods, massage peanuts) and exercises to open up the tissues, fascia (connective tissue) and energy pathways, all with the goal of teaching you how to relax your body. A therapeutic yoga practice can help:

- Improve concentration.
- Release tension.
- Improve the quality of your sleep.
- Enhance your sense of well-being.

At the end of the workshop, Amy will follow up with a mindful meditation practice.

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

### Pancreatic Cancer Support and Networking Group – New!

**Thursday, July 20, 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 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 those who have had a similar experience.
- Help others who can learn from you.

**HopeWell**  
CANCER SUPPORT

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

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](https://www.facebook.com/HopeWellCancerSupport)

 [Instagram/HopeWellCancerSupport](https://www.instagram.com/HopeWellCancerSupport)

 [YouTube/HopeWell Baltimore](https://www.youtube.com/HopeWellBaltimore)

- 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)

### Blood Cancer Support and Networking Group

**Tuesday, July 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. Please join in this month for an open discussion of topics that are of interest to those present.

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

### Line Dancing!

**Thursday, July 27, 11:00 AM – 12:00 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 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)

### The Art of Beading: Wire Frame Bead Soup Earrings

**Thursday, July 27, 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 wire frame earrings filled in with bead soup beads. This class is great for all levels.

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

### Living with Cancer: How Do I Feel About My New Normal?

**Saturday, July 29, 1:00 – 2:30 PM**

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



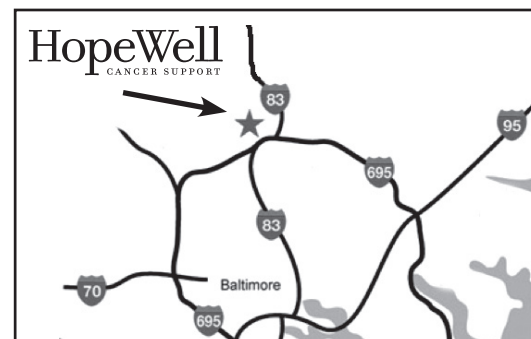
After cancer treatment is over, you may feel like you're ready to "get back to normal." But for some, it's more about what will be normal for you now.

Common adjustments people often have to make include:

- Living with the uncertainty a cancer diagnosis can bring, including fear of recurrence.
- Not having the physical strength you had before.
- Learning to accept physical changes, such as scars, resulting from surgery, chemotherapy and radiation.
- Needing support from family and friends.
- Living with the emotional challenges that going through diagnosis and treatment may cause.

In this workshop, you'll be able to share your feelings about your own new normal, while identifying tools and solutions that can help you cope as you continue on your survivorship path.

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



# HopeWell Happenings

JULY 2017

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN JULY

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

### Healthy Lunch Club – Cancer, the Immune System and Diet: An Information Session and Cooking Demonstration



**Thursday, July 6  
Lunch, 12:15 – 12:30 PM  
Program, 12:30 – 2:00 PM**

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

Cancer and its treatment can sometimes affect the body's immune system. Can food choices play a part in giving your immune system a boost? Melanie Beers, Registered Dietitian Nutritionist at Nourish Nutrition, will discuss the relationship between the immune system and diet. This will include current research on the topic and ways in which healthy food choices can play a role in immune function. She will also perform a cooking demonstration of an immune-enhancing meal:

- Black bean and rice bowls.
- Watermelon mint and feta salad.
- Chickpea blondies.

Please bring your questions and a healthy dish to share.

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

### Weekly Meditation Class – New!

**Thursdays starting July 6, 6:30 – 7:45 PM**

*Instructor: Lee Halfpenny, RYT*

This new meditation class will consist of:

- A brief recorded talk.
- Guided and silent sitting and walking meditation.
- A loving-friendliness practice at the end of class.
- Time for community sharing, questions and discussion.

All are welcome, whether you currently have a meditation practice or are interested in learning how to start one. This Thursday evening class is different from the 8-week Mindfulness Meditation Series. The evening classes are ongoing, and each one can stand alone.

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

### Mindfulness Meditation – New 8-Week Series Starting

**Fridays, July 7, 14, 21, 28**

**August 4, 11, 18, 25**

**10:00 AM – 12:00 PM**

*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.
- Be open to the possibility of transforming crisis into opportunity.
- 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](mailto:rsvp@hopewellcancersupport.org) once for the entire 8-week series.

### Concentration, Relaxation and Meditation

**This Month's Theme:  
Guided Imagery Meditation**

**Tuesdays, July 11, 18, 25**

**12:00 – 12:45 PM**

*Instructors: Jeanne Deignan-Kosmidis 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 July, we will explore guided imagery meditation, a gentle but powerful technique that focuses and directs the imagination in proactive and positive ways. It will involve the whole body, the emotions and all the senses. It is precisely this body-based focus that makes for its powerful impact.

Guided imagery uses your imagination along with breathing exercises to help you reach a deep state of relaxation and emotional calm.

Over the years, the effectiveness of guided imagery has been increasingly established by research findings that demonstrate its positive impact on health, creativity and performance. It has been shown to reduce anxiety and pain.

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

### Creative Photography: A Way to Re-Focus and De-Stress

**New 5-Week Series Starting**

**Wednesdays, July 12, 19, 26,**

**August 2 and August 9**

**9:30 – 11:00 AM**

*Instructor: Bruce Harrison*

As an expressive art, photography offers a way for people living with cancer to manage stress, relax, re-tool and re-focus. Some people feel that photography can be a mindfulness practice because of the heightened awareness of the world around you. In this 5-week series, Bruce Harrison, an attorney and accomplished photographer, will teach exercises that can help you improve your photography technique and help you derive more pleasure from the images you capture.

Bruce believes that everyone can develop their own photographic sensibility and create meaningful personal images, and he enjoys working with both experienced and amateur photographers.

This workshop is open to all levels and camera types, including smart phones.

[rsvp@hopewellcancersupport.org](mailto:rsvp@hopewellcancersupport.org) once for the entire 5-week series.

### A Day of Mindfulness

**Sunday, July 16, 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.

(continued on back)