

SEPTEMBER 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 CONVERSATIONS ARE TAKING A NEW DIRECTION IN OCTOBER! Come join us for some strategic thinking and exploration. Keep your eyes open for our announcement of the date and topic. Hope to see you here!</p>			<p>Walk with Hope will take place if the temperature is below 90 degrees F.</p>		1	2
3	4	5	6	7	8	9
	<p>HopeWell closed in observance of Labor Day. <i>No groups or classes will meet.</i></p>	<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 ■ 12:30 pm Creating Healing Images 	<ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Lunch and Learn – Common Sense Physical Therapy: Your Breath, Your Everything! <i>* House Calls Speaker: Bonnie Schulman, PT</i> ✓ 6:30 pm Weekly Meditation Class – New! 	<ul style="list-style-type: none"> ○ 12:30 pm Yoga Nidra ✓ 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
10	11	12	13	14	15	16
<ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:15 pm Lunch and Learn – Ethical Wills: A Gift for Yourself and Your Loved Ones <i>* Guest Speaker: Rabbi Nina Beth Cardin</i> ○ 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 ✓ 6:30 pm GYN Cancers: Update on Treatment Options and Related Issues <i>* House Calls Speaker: Stephanie L. Wethington, MD, MSc</i> ○ 7:00 pm Welcome Meeting 	<ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Healthy Lunch Club – A Discussion of the Challenges of Making Changes to Our Eating Plans <i>* Facilitator: Sharon Calvano, LCSW-C</i> ✓ 6:30 pm Weekly Meditation Class ○ 7:30 pm Ovarian Cancer Group 	<ul style="list-style-type: none"> ✓ 11:00 am Line Dancing ○ 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 	
17	18	19	20	21	22	23
<ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 3:00 pm Thrive! (Orientation) ○ 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 ■ 12:30 pm Creating Healing Images 	<ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Drawing with Charcoal, Inspired by HopeWell's Grounds ○ 6:30 pm Pancreatic Cancer Support and Networking Group ✓ 6:30 pm Weekly Meditation Class 	<ul style="list-style-type: none"> ○ 12:30 pm Yoga Nidra 	<ul style="list-style-type: none"> ○ 9:00 am Yoga ■ 10:00 am Kids Circle (Orientation) ○ 10:30 am Strength and Tone for Men and Women 	
24	25	26	27	28	29	30
<ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ○ 1:00 pm Metastatic Breast Cancer Group ✓ 3:00 pm Thrive! (Week 1) ○ 6:00 pm Qigong ○ 6:30 pm Lung Cancer Group ○ 6:30 pm Brain Tumor Group 	<ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ✓ 6:30 pm Blood Cancer Support and Networking Group: Eating Well During and After Cancer Treatment <i>* House Calls Speaker: Jason Bosley-Smith, MS, LDN, CNS, FDN</i> ■ 6:30 pm Adult Bereavement Group ■ 6:30 pm Parent Grief (kids and teens included) ○ 7:00 pm Welcome Meeting 	<ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images ✓ 12:30 pm Needlework... Craft and Meditation ✓ 6:00 pm Sound Massage: A Unique Experience for Deep Relaxation <i>* Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching</i> 	<ul style="list-style-type: none"> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading: Memory Wire Bracelet ✓ 6:30 pm Weekly Meditation Class ○ 7:30 pm Ovarian Cancer Group 	<ul style="list-style-type: none"> ○ 12:30 pm Yoga Nidra 	<ul style="list-style-type: none"> ○ 9:00 am Yoga ■ 10:00 am Kids Circle (Week 1) ○ 10:30 am Strength and Tone for Men and Women 	

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**

(Thrive: New Group Forming!, cont'd)

6-Week Session: Mondays, September 25 and October 2, 9, 16, 23, 30
3:00 – 4:30 PM

Facilitator: Sharon Calvano, LCSW-C

This program will motivate you to make small behavior changes that can turn into long-term habits.

- Understand what gets in your way when making healthy and positive changes.
- Learn to celebrate your strengths.
- Get help from the group with identifying goals, developing a plan and finding the support to reach them.

rsvp@hopewellcancersupport.org

Drawing with Charcoal, Inspired by HopeWell's Grounds

Thursday, September 21, 1:00 – 2:30 PM

Instructor: David Cunningham

We're happy to welcome art instructor David Cunningham back to HopeWell after a summer hiatus!

- David will kick the season off with a charcoal drawing class.
- Participants may use the HopeWell grounds for inspiration.
- No art experience is necessary!
- David will give instruction in this technique.

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Pancreatic Cancer Support and Networking Group

Thursday, September 21, 6:30 – 8:00 PM

Facilitator: Erin Gillard, LCSW-C, RYT

This monthly group, formed especially for people with pancreatic cancer, is designed to address the unique concerns, challenges and issues of living with this disease. Please join in for inspiration, information and support. The group meets on the third Thursday of each month. Adult family members are welcome to attend.



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.



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

For the latest news and information from HopeWell check out:

www.hopewellcancersupport.org

If you have any questions:

cancerhelp@hopewellcancersupport.org

Stay connected to HopeWell!

Facebook.com/HopeWellCancerSupport

Instagram/HopeWellCancerSupport

YouTube/HopeWell Baltimore

- Learn from those 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.

Blood Cancer Support and Networking Group: Eating Well During and After Cancer Treatment

Tuesday, September 26, 6:30 – 8:00 PM



House Calls Speaker:
Jason Bosley-Smith, MS,
LDN, CNS, FDN

Facilitator: Deborah
Shapiro, PhD

This group is designed to address the unique concerns of those living with a blood cancer.

During this program, Jason Bosley-Smith, MS, LDN, CNS, FDN, Clinical Nutrition, Integrative Health, and Adjunct Faculty, Integrative Sciences and Nutrition Departments, Maryland University of Integrative Health, will discuss the impact of nutrition on cancer treatment and survivorship. The presentation will include how proper nutrition can improve the quality of life for patients, as well as suggestions for ways to ensure that you receive proper nutrition during and after treatment.

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

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Needlework ... Craft and Meditation

Wednesday, September 27, 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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Sound Massage: A Unique Experience for Deep Relaxation

Wednesday, September 27, 6:00 – 7:00 PM

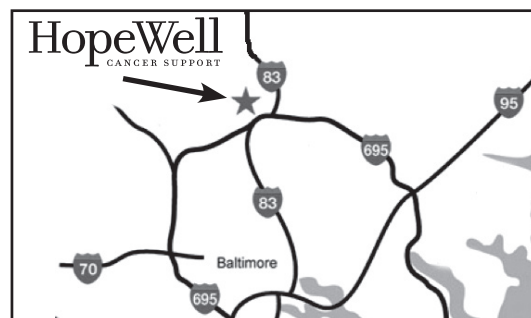
Guest Instructor: Elaine Wujcik,
RN, RYT-200, Certified in Sound Massage
and Health Coaching

In this special program, we are offering the centuries-old practice of using sounds to relax deeply into a meditative state.

During this evening's sound massage session (also sometimes called a "sound bath"), Elaine Wujcik will evince sound from Himalayan singing bowls. Participants may lie comfortably on blankets and mats or seated in chairs.

By the end of a sound massage session, many people experience deep relaxation and a sense of lightness and well-being.

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HopeWell Happenings

SEPTEMBER 2017

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN SEPTEMBER

HopeWell's programs are always offered at no charge!

Concentration, Relaxation and Meditation

**This Month's Theme:
Positive Affirmations**

Tuesdays, September 5, 12, 19, 26
12:00 – 12:45 PM

Instructors: Jeanne Deignan-Kosmides
and Jana Long

This month, we will continue our exploration of Guided Imagery using the power of positive affirmations – specific statements that can help you overcome negative thoughts and help you make positive changes to your life and career.

We will explore teachers such as Louise Hay and Belleruth Naparstek, and learn how to create our own affirmations and use them in our meditation practices and throughout our daily lives.

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

Lunch and Learn – Common Sense Physical Therapy: Your Breath, Your Everything!

Thursday, September 7
Lunch, 12:15 – 12:30 PM
Program, 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

"As natural as breathing" ...it's a common expression. However, we sometimes take breathing for granted. Yes, breathing is natural, but life events, such as illness, injury and surgery, can affect the way you breathe.

Slow, deep breathing can improve blood flow, lower blood pressure, reduce stress, improve the quality of sleep, and strengthen abdominal muscles.

In this session, Bonnie will:

- Discuss diaphragmatic breathing.
- Demonstrate diaphragmatic exercises and stretches.
- Help you feel how your breath moves in your body.
- Explain how learning to pay attention to your breath can help improve your health and enhance your sense of well-being.

Please wear comfortable clothing to this experiential program.

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Lunch and Learn – Ethical Wills: A Gift for Yourself and Your Loved Ones

Monday, September 11
Lunch, 12:15 – 12:30 PM
Program, 12:30 – 2:00 PM

Guest Speaker: Rabbi Nina
Beth Cardin

Most of us are familiar with traditional wills but few understand or have even heard of an ethical will. This is a tool for articulating to ourselves and for sharing with our loved ones our values, beliefs and important life lessons. The process of thinking through and creating an ethical will offers an opportunity for spiritual reflection and healing, particularly when faced with a challenging life experience.

Please join Rabbi Nina Beth Cardin, Spiritual Leader and Author, in this enlightening workshop. Learn all about ethical wills: what they are, why they are important and how to create one.

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GYN Cancers: Update on Treatment Options and Related Issues

Tuesday, September 12, 6:30 – 8:00 PM



House Calls Speaker:
Stephanie L. Wethington,
MD, MSc

Join Stephanie L. Wethington, MD, MSc, Assistant Professor of Gynecology and Obstetrics at Johns Hopkins Medicine and board certified in gynecologic oncology, for a discussion of the new and exciting developments for GYN cancers and their treatments in 2017.

Dr. Wethington is a graduate of Columbia University College of Physicians and Surgeons. She completed a fellowship in Gynecologic Oncology at Memorial Sloan-Kettering in New York, and has a special interest in cancer

survivorship issues. There will be ample opportunity for questions.

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Healthy Lunch Club – A Discussion of the Challenges of Making Changes to Our Eating Plans

Thursday, September 14
Lunch, 12:15 – 12:30 PM
Program, 12:30 – 2:00 PM

Facilitator: Sharon Calvano, LCSW-C

Have you ever considered adding or giving up a certain food in your diet? Are you trying to figure out which kind of eating plan best fits your lifestyle?

- Join in for a frank discussion with Sharon about the difficulties changing your eating habits can pose, and talk about what has and hasn't worked for others.
- Different types of eating plans will be covered.

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Line Dancing!

Friday, September 15
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!

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Thrive: New Group Forming!

Orientation: Monday, September 18
3:00 – 4:00 PM

(continued on back)