

NOVEMBER 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>Walk with Hope Fall/Winter Programming Note: If the outside temperature is below 35°, the Walk with Hope will not be held. Please call if you are unsure about the weather as it relates to the walk.</p>			<p>1</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p>2</p> <ul style="list-style-type: none"> ○ 9:15 am T'ai Chi – <i>New!</i> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Lunch and Learn – Common Sense Physical Therapy: Stability/Mobility * House Calls Speaker: Bonnie Schulman, PT ✓ 6:30 pm Weekly Meditation Class 	<p>3</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindful Meditation (Week 3) ○ 12:30 pm Yoga Nidra 	<p>4</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (Week 6) ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women
<p>5</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ○ 7:00 pm Breast Cancer Group 	<p>6</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 	<p>7</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p>8</p> <ul style="list-style-type: none"> ○ 9:15 am T'ai Chi – <i>New!</i> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:30 pm Thanksgiving Luncheon and Speaker – Lessons for Living During the Holiday Season * House Calls Speaker: Pat Fosarelli, MD, D.Min, MA ✓ 6:30 pm Weekly Meditation Class ○ 7:30 pm Ovarian Cancer Group 	<p>9</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindful Meditation (Week 4) ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 12:30 pm Yoga Nidra 	<p>10</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women 	
<p>12</p> <ul style="list-style-type: none"> ✓ 1:00 pm Annual HopeWell Memorial Service 	<p>13</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Line Dancing! ○ 1:00 pm Metastatic Breast Cancer Group 	<p>14</p> <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 	<p>15</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p>16</p> <ul style="list-style-type: none"> ○ 9:15 am T'ai Chi – <i>New!</i> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class – Collage and Printmaking Together ✓ 6:30 pm Weekly Meditation Class ○ 6:30 pm Pancreatic Cancer Support and Networking Group 	<p>17</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindfulness Meditation (Week 5) ○ 12:30 pm Yoga Nidra 	<p>18</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
<p>19</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ○ 7:00 pm Breast Cancer Group 	<p>20</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 	<p>21</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong 	<p>22</p> <p><i>HopeWell Closed at Noon</i> <i>Thanksgiving Holiday</i> <i>No Afternoon or Evening Classes or Groups</i></p>	<p>23</p> <p><i>Thanksgiving Holiday</i> <i>No Classes or Groups</i></p>	<p>24</p> <p><i>Thanksgiving Holiday</i> <i>No Classes or Groups</i></p>	<p>25</p> <p><i>Thanksgiving Holiday</i> <i>No Classes or Groups</i></p>
<p>26</p> <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 ✓ 6:30 pm Lung Cancer: Treatment Options and Updates * House Calls Speaker: Suman Rao, MD ○ 6:30 pm Brain Tumor Group 	<p>27</p> <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 ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group with Children and Teens ○ 7:00 pm Welcome Meeting 	<p>28</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images ✓ 12:30 pm Needlework...Craft and Meditation 	<p>29</p> <ul style="list-style-type: none"> ○ 9:15 am T'ai Chi – <i>New!</i> ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading: Focal Bead Necklace with Wire Wrap Accent ✓ 6:30 pm Weekly Meditation Class 	<p>30</p> <p>Hold the Date A Community Conversation December 6, Noon – 2:00 pm <i>Please come and join us as we resume the valued discussions we share around the table.</i></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**

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

- "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.

rsvp@hopewellcancersupport.org

Annual HopeWell Memorial Service

Sunday, November 12, 1:00 – 2:30 PM

Join us as we honor the memory of HopeWell participants and loved ones. All family and friends are welcome. A dessert reception will follow the service.

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Line Dancing!

Monday, November 13, 12:30 – 1:30 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 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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Art Class: Collage and Printmaking Together

Thursday, November 16, 1:00 – 2:30 PM

Instructor: David Cunningham

Join visiting artist, David Cunningham, for a very special artistic experience. Create your own unique landscape image using the two-step process of collage and printmaking. As always, David's class will be an exercise

in self-expression and discovery. David will provide all materials, including color photographs from magazines, plates and silk screening ink.

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Pancreatic Cancer Support and Networking Group

Thursday, November 16, 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 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.
- Enjoy the camaraderie and sense of community one often feels when sharing with others who understand just what you are going through.

Lung Cancer: Treatment Options and Updates



Monday, November 27, 6:30 – 8:00 PM

House Calls Speaker: Suman Rao, MD

Suman Rao, Medical Oncologist and Hematologist at The Harry and Jeanette Weinberg Cancer Institute at Franklin Square

Hospital Center, specializes in the treatment of lung cancer. This evening she will talk about state-of-the-art options for treatment, side effects of each treatment, decision making, research and hope for the future. Questions are welcome.

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Parent Grief Group with Children and Teens

Tuesday, November 28, 6:30 – 8:00 PM

Facilitator: Pia May, LCSW-C

Join in to meet other parents who have lost a spouse or partner to cancer. Children and

teens are welcome to attend this session. There will be activities for them included in the program.

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Needlework... Craft and Meditation

Wednesday, November 29, 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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The Art of Beading: Focal Bead Necklace with Wire Wrap Accent

Thursday, November 30, 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 focal bead necklace with a wire wrap accent. The necklace will hang on a combination of chain link and seed beads. This class is great for all levels.

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HopeWell Happenings

NOVEMBER 2017

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN NOVEMBER

HopeWell's programs are always offered at no charge!

T'ai Chi Class – New!

Thursdays, November 2, 9, 16, 30

(No class on Thanksgiving Day, November 23)

9:15 – 10:00 AM



Instructor: Andrew Giordano

Decrease tension through participation in this meditation called the Dance of Life. Learn to relax and energize simultaneously. This weekly class combines coordination, balance and flexibility into

rhythmic motion and gentle exercise. Wear comfortable clothing and flat shoes.

Lunch and Learn – Common Sense Physical Therapy: Stability/Mobility

Thursday, November 2

Lunch, 12:15 – 12:30 PM

Program, 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

Stability and mobility form the foundation of body movement. Both are critical and necessary components that ideally need to work in tandem.

What do we mean by these terms? What is the impact of a diagnosis of cancer on both?

Please join Bonnie Schulman, PT, to find the answers to these questions and learn ways to increase strength in these two areas.

Please wear comfortable clothing to this experiential program.

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Meditation Class

Thursdays, November 2, 9, 16, 30

(No class on Thanksgiving Day, November 23)

6:30 – 7:45 PM

Instructor: Lee Halfpenny, RYT

This meditation class consists 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 Mindful Meditation Series. The evening classes are ongoing, and each one can stand alone.

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Concentration, Relaxation and Meditation

This Month's Theme: Questions of Meaning in Life

Tuesdays, November 7, 14, 21, 28

12:00 – 12:45 PM

Instructors: Jeanne Deignan-Kosmides and Jana Long

This month we will explore Krista Tippett's book and study guide, *Becoming Wise: An Inquiry into the Mystery and Art of Living*. In her study guide, she offers us exercises to address some of the deeper questions involved in mindfulness and being present in life.

Krista Tippett's job is to listen. She listens for wisdom, for the questions underneath what is being said in her interviews. Krista Tippett is a Peabody Award-winning broadcaster and New York Times bestselling author. In 2014, Krista was awarded the National Humanities Medal at the White House for "thoughtfully delving into the mysteries of human existence." Each Sunday morning Krista hosts *On Being* on NPR.

Please join us Tuesdays at Noon to examine some of the questions of meaning in our lives.

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

Thanksgiving Luncheon and Speaker – Lessons for Living During the Holiday Season

Thursday, November 9

Lunch, 12:30 – 1:15 PM

Speaker, 1:15 – 2:00 PM

House Calls Speaker: Pat Fosarelli, MD, D.Min, MA

As the holiday season approaches, people with cancer and their families may be experiencing a mix of emotions. You may wonder how you're going to maintain holiday traditions and social commitments when you may not be feeling your best. Part of you doesn't want to miss out on the excitement of the celebration but another part of you gets exhausted just thinking about it. Which traditions and rituals do you keep and which ones can you let go of so that you take care of your needs and still have a meaningful holiday? And how do you communicate your needs to loved ones so they can understand and be mindful of where you are?

Please join Pat Fosarelli, MD, D.Min., and Associate Dean, St. Mary's Ecumenical Institute, who will share her perspective to help focus on what the holidays truly mean to you so that you can appreciate life, love and family in new ways this holiday season.

Please bring your favorite covered dish or dessert to share.

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Coloring the Spaces, Clearing the Mind

Friday, November 10, 11:00 AM – 12:30 PM

Carole Sharp, LCSW-C 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."

(continued on back)

HopeWell
CANCER SUPPORT

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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

If you have any questions:

cancerhelp@hopewellcancersupport.org

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