

DECEMBER 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>HopeWell will reopen on Tuesday, January 2nd</p>		<p>1 ✓ 10:00 am Mindfulness Meditation (Week 6) ○ 1:00 pm Yoga Nidra – <i>New Time!</i></p>	<p>2 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women</p>
<p>3 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 1:00 pm Writing Your Way Into 2018: A Writing For Wellness Workshop * Guest Facilitator: Michelle Pearce, PhD ✓ 7:00 pm Breast Cancer Group Breast Reconstruction: Options and Considerations * House Calls Speaker: Brendan Collins, MD</p>	<p>4 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting</p>	<p>5 ✓ 9:30 am Morning Sound Meditation: A Soothing Way to Start Your Day * Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching ○ 11:00 am Qigong ✓ 12:00 pm A Community Conversation: Looking Ahead – Light Lunch Included ■ 12:30 pm Creating Healing Images</p>	<p>6 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Lunch and Learn – Common Sense Physical Therapy: Mindful Movement * House Calls Speaker: Bonnie Schulman, PT ✓ 6:30 pm Weekly Meditation Class NO CLASS</p>	<p>7 ✓ 10:00 am Mindfulness Meditation (Week 7) ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra – <i>New Time!</i></p>	<p>8 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women</p>	<p>9 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women</p>
<p>10 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Look Good...Feel Better ○ 1:00 pm Metastatic Breast Cancer Group</p>	<p>11 ○ 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>	<p>12 ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images</p>	<p>13 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Healthy Lunch Club – Holiday Cookie Control Plus Cookie Swap * Facilitator: Sharon Calvano, LCSW-C ✓ 6:30 pm Weekly Meditation Class NO CLASS ○ 7:30 pm Ovarian Cancer Group</p>	<p>14 ✓ 10:00 am Mindfulness Meditation (Week 8) ○ 1:00 pm Yoga Nidra – <i>New Time!</i></p>	<p>15 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women</p>	<p>16 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women</p>
<p>17 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Needlework... Craft and Meditation ○ 7:00 pm Breast Cancer Group</p>	<p>18 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting</p>	<p>19 ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images ✓ 1:00 pm The Art of Beading: Wire Wrap Earrings</p>	<p>20 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class – Mask Making ○ 6:30 pm Pancreatic Cancer Support and Networking Group ✓ 6:30 pm Weekly Meditation Class NO CLASS</p>	<p>21 ○ 1:00 pm Yoga Nidra NO CLASS</p>	<p>22 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women</p>	<p>23 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women</p>
<p>24 <i>HopeWell Closed</i> <i>Holiday Season</i></p>	<p>25 <i>HopeWell Closed</i> <i>Holiday Season</i></p>	<p>26 <i>HopeWell Closed</i> <i>Holiday Season</i></p>	<p>27 <i>HopeWell Closed</i> <i>Holiday Season</i></p>	<p>28 <i>HopeWell Closed</i> <i>Holiday Season</i></p>	<p>29 <i>HopeWell Closed</i> <i>Holiday Season</i></p>	<p>30 <i>HopeWell Closed</i> <i>Holiday Season</i></p>
<p>31 No Classes or Groups</p>	<p>No Classes or Groups</p>	<p>No Classes or Groups</p>	<p>No Classes or Groups</p>	<p>No Classes or Groups</p>	<p>No Classes or Groups</p>	<p>No Classes or Groups</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**

HopeWell Happenings

DECEMBER 2017

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN DECEMBER

HopeWell's programs are always offered at no charge!

Lunch and Learn – Common Sense Physical Therapy: Mindful Movement

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

House Calls Speaker: *Bonnie Schulman, PT*

The concept of mindful movement has to do with the idea that the mind and body are connected, that there is awareness to one's movement.

What do we mean by this in practice and why is it important? How can we incorporate it into our daily routines?

Please join Bonnie Schulman, PT, to find the answers to these questions and learn ways to get the most out of our everyday activities.

Please wear comfortable clothing to this experiential program.

rsvp@hopewellcancersupport.org

Coloring the Spaces, Clearing the Mind

Friday, December 8
11:00 AM – 12:30 PM

Instructors: *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."
- "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

Look Good...Feel Better

Monday, December 11, 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.

rsvp@hopewellcancersupport.org

Healthy Lunch Club – Holiday Cookie Control plus Cookie Swap

Thursday, December 14
Lunch, 12:15 – 12:30 PM
Discussion, 12:30 – 2:00 PM

Facilitator: *Sharon Calvano, LCSW-C*

With the holidays upon us, it is easy to abandon the progress we've made all year long in making healthy food choices. It is especially tempting to indulge in the sweets of the season. Make this the year where you exercise a little "cookie control." You can have your cookies and eat them, too! After all, what would the holidays be without cookies?

Today's discussion is about healthier takes on the traditional holiday treats . . . strategies for baking to cut down on the fats and sugars, strategies to help with portion control and the importance of incorporating daily physical activity.

Join in a Healthy Lunch Club Cookie Swap, too. Bring your favorite holiday cookies and recipes to exchange with the group plus a healthy holiday cookie recipe.

For today's program, we will provide a light lunch.

rsvp@hopewellcancersupport.org

Needlework...Craft and Meditation

Monday, December 18, 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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Art Class: Mask Making

Thursday, December 21, 1:00 – 2:30 PM

Instructor: *David Cunningham*

Join visiting artist, David Cunningham, for a very special workshop in mask making. We will introduce this form of creative expression with unique materials including wire, fabric, papier mache, and mixed media to create a beautiful extension of inner selves. These masks will be an individual based experience.

Materials will be provided.

rsvp@hopewellcancersupport.org

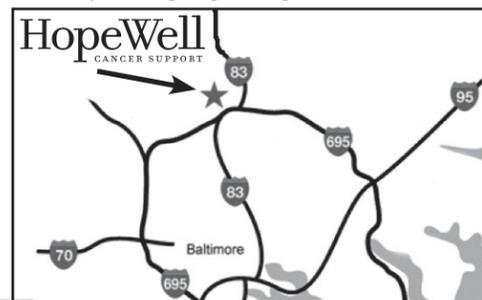
Pancreatic Cancer Support and Networking Group

Thursday, December 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 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.



Stay connected to HopeWell!

Facebook.com/HopeWellCancerSupport

Instagram/HopeWellCancerSupport

YouTube/HopeWell Baltimore

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

If you have any questions:

cancerhelp@hopewellcancersupport.org

Writing Your Way Into 2018: A Writing for Wellness Workshop

Monday, December 4, 1:00 – 3:00 PM

Speaker/Facilitator: *Michelle Pearce, PhD*



Many studies have shown that writing can be an effective way to reduce stress and improve health and well-being. When facing a cancer diagnosis, life can suddenly feel out of control. Writing is one thing you still have control over. You can do it anytime,

anywhere. It can help you process painful emotions, explore new identities, and find your way to wholeness.

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. As thoughts turn towards the new year ahead, this particular workshop will focus on the kind of year and kind of person you'd like to be in 2018 through writing.

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. This workshop is geared towards the first-time participant as well as those who have participated in previous Writing for Wellness Workshops.

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Breast Reconstruction: Options and Considerations

Monday, December 4, 7:00 – 8:30 PM



House Calls Speaker:
Brendan Collins, MD

Dr. Brendan Collins specializes in breast reconstruction and plastic surgery at the Breast Reconstruction and Restoration Center and Cosmetic Medicine and

Surgery at Mercy Medical Center. Please join Dr. Collins to learn about current trends and options for breast reconstruction and all that is involved in these various procedures. He will also discuss factors to consider when deciding about reconstruction and be available for questions.

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Concentration, Relaxation and Meditation

This Month's Theme: Imagination

Tuesdays, December 5, 12, 19
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.

This month we will explore the concept of imagination and its powerful relationship to meditation.

No experience is necessary. All are welcome to any of the classes.



Morning Sound Meditation: A Soothing Way to Start Your Day

Wednesday, December 6, 9:30 – 10:30 AM

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

Treat yourself to this unique method of rest and renewal. During this morning's sound meditation 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 Bath" many people experience deep relaxation and a sense of lightness and well-being.

rsvp@hopewellcancersupport.org

A Community Conversation: Looking Ahead

Wednesday, December 6

Lunch, 12:00 – 12:30 PM

Conversation, 12:30 – 2:00 PM

It's time to catch up! As HopeWell approaches its 25th year, it seems appropriate to reflect as a community on what it means to have existed for a quarter of a century, where we are right now and what we hope for the future. What does HopeWell's 25th anniversary mean to you?

Join in a community conversation to consider our past and what we need to do to position HopeWell for our next chapter.

A light lunch will be provided and, in the spirit of the holidays, we'll have goodies to celebrate the season.

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T'ai Chi Class

Thursdays, December 7, 14, 21

(No class December 28)

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.