

FEBRUARY 2018

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>It's Cold and Flu Season!</p> <ul style="list-style-type: none"> If you are feeling under the weather, please do take care of yourself and consider staying home to rest. If you do come to HopeWell, you'll notice hand purifier and facemasks in the house and barn to protect the health of all in our community. Thank you! 		<p>Walk with Hope Winter Programming Note:</p> <p>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"> ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting 	<p>2</p> <ul style="list-style-type: none"> ✓ 11:00 am Line Dancing! ○ 1:00 pm Yoga Nidra – <i>New Time!</i> 	<p>3</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>4</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:15 pm Lunch and Learn – Managing Cancer Pain and Side Effects: What You Need To Know * House Calls Speaker: Mary Lynn McPherson, Pharm D, BCPS, CPE ✓ 7:00 pm Breast Cancer Group Lymphedema Management * House Calls Speaker: Christine Hudacek, MPT, CLT 	<p>5</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>6</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Four Week Group Experience – <i>New!</i> (Orientation) * Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p>7</p> <ul style="list-style-type: none"> ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Healthy Lunch Club – Healing Benefits of Honey * Guest Speaker: Jeanne Deignan-Kosmidis MS, LGPC, NCC, E-RYT 500 ○ 7:00 pm Ovarian Cancer Group <i>New Time!</i> 	<p>8</p> <ul style="list-style-type: none"> ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra – <i>New Time!</i> 	<p>9</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women
	<p>11</p> <ul style="list-style-type: none"> ○ 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>12</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>13</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p>14</p> <ul style="list-style-type: none"> ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class – Clay Forms ○ 6:30 pm Pancreatic Cancer Support and Networking Group 	<p>15</p> <ul style="list-style-type: none"> ○ 1:00 pm Yoga Nidra – <i>New Time!</i> 	<p>16</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>18</p> <ul style="list-style-type: none"> ○ 7:00 pm Breast Cancer Group 	<p>Daytime Program Pause 9:00 am to 5:00 pm</p>			<p>22</p> <ul style="list-style-type: none"> ○ 7:00 pm Ovarian Cancer Group <i>New Time!</i> 	<p>23</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women
	<p>25</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Needlework...Craft & Meditation ○ 1:00 pm Metastatic Breast Cancer Group ✓ 3:00 pm Thrive! – <i>New!</i> (Orientation) ○ 6:30 pm Brain Tumor Group ○ 6:30 pm Lung Cancer Group 	<p>26</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: Meet the Doctor – What's New in Blood Cancer Treatment: An LLS Program After the 2017 Annual ASH® Meeting * House Calls Speaker: Carole Miller, MD ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group with Children and Teens ○ 7:00 pm Welcome Meeting 	<p>27</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images ✓ 1:00 pm The Art of Beading: Bead Soup Necklace 	<p>HopeWell's Winter Weather Policy</p> <ul style="list-style-type: none"> On weekday mornings, HopeWell will follow Baltimore County's public school closure policy for inclement weather. If roads are clear by late morning, we may resume our scheduled programming. We will post our closure status on HopeWell's main line, 410.832.2719. For weekends, we will announce closure decisions, when possible, on Friday. 		

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**

The honeybee is an amazing creature and the honey it produces is an incredible product. Join beekeeper and yoga instructor, Jeanne Deignan-Kosmides, to discover healing remedies using honey and sample various types of honey.

Learn what is happening to the honeybee, their benefits and how we can help support them. This will be a general overview covering some of what the wonderful honeybee gives to us! Plus, we'll share honey recipes for cooking and how to substitute honey for sugar.

Please bring a healthy dish to share.

rsvp@hopewellcancersupport.org

Look Good...Feel Better

Monday, February 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.

rsvp@hopewellcancersupport.org

Art Class: Clay Forms

Thursday, February 15, 1:00 – 2:30 PM

Instructor: David Cunningham

Join visiting artist, David Cunningham, as he leads us in the creation of a series of forms with modeling clay, using observation and instinct. The clay will be offered to create forms made as an extension from a brief meditation.

Materials will be provided.

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Needlework...Craft and Meditation

Monday, February 26, 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.

rsvp@hopewellcancersupport.org

Thrive: New Group Forming!

Orientation: Monday, February 26 3:00 – 4:00 PM

**6-Week Session: Mondays
March 5, 12, 19, 26, and April 2, 9
3:00 – 4:30 PM**

Facilitator: Sharon Calvano, LCSW-C

Thrive is back! Take this opportunity to participate in the first new Thrive Group of 2018.

This unique program will help 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.

Learn more by attending Orientation on Monday, February 26, 3:00 – 4:00 PM.

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Brain Tumor Support Group

Monday, February 26, 6:30 – 8:00 PM

Facilitator: Stephanie King, LCSW-C

This group is for people who have been diagnosed with a primary or metastatic brain tumor and their caregivers. Their special difficulties and needs are the focus of discussion and support.

Parent Grief Support and Networking Group

Tuesday, February 27, 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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Meet the Doctor – What's New in Blood Cancer Treatment: An LLS Program After the 2017 Annual ASH® Meeting

Tuesday, February 27, 6:30 – 8:00 PM



*House Calls Speaker:
Carole Miller, MD*

Please join us this month as we welcome Carole Miller, MD, Director, St. Agnes Cancer Institute, Ascension Health, to share highlights from the Annual American Society of Hematology (ASH®) Meeting held in December. We will have updates on recent treatment advances in blood cancer presented at the meeting.

*ASH® is a registered trademark of the American Society of Hematology. This program is not sponsored, sanctioned by, or part of the 59th Annual Meeting of the American Society of Hematology.

Complimentary dinner will be served.

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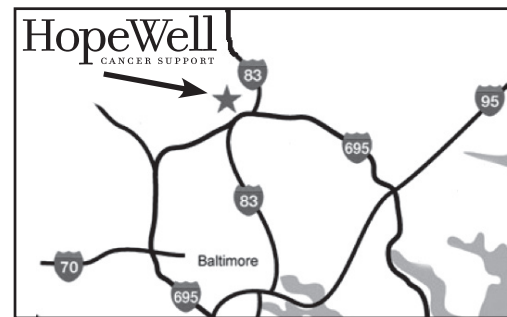
The Art of Beading: Bead Soup Necklace

Wednesday, February 28, 1:00 – 2:30 PM

Instructor: Patti Campbell, HopeWell Staff

Beading can help you relax, focus and express yourself. Join Patti to make a "bead soup necklace." We'll have a large bowl of assorted colorful beads mixed together, and will give everyone a scoopful to string. This class is great for all levels.

rsvp@hopewellcancersupport.org



Stay connected to HopeWell!

Facebook.com/HopeWellCancerSupport

Instagram/HopeWellCancerSupport

YouTube/HopeWell Baltimore

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

HopeWell Happenings

FEBRUARY 2018

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN FEBRUARY

HopeWell's programs are always offered at no charge!

Line Dancing!

Friday, February 2

11:00 AM – 12:00 PM

Instructor: Wanda Harrison, LCSW-C

Get up, get out and get moving to a new beat at Line Dancing. Reconnect, socialize and get exercise, all at the same time.

Stay for a cup of coffee, tea or hot chocolate back at the house.

Meet in the barn, 2nd floor. All welcome!

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Couples Group

Saturdays, February 3, 17

10:15 – 11:45 AM

Facilitator: Stephanie King, LCSW-C

The impact of cancer on a committed relationship is often profound. The worries, fears, demands and stresses associated with cancer along with the changes in roles and responsibilities can be difficult for any couple to navigate. This biweekly group provides a time for couples to discuss the unique challenges that cancer presents upon intimate relationships and ways to cope. Meet other couples learning to live with similar issues and couples who have a lot of wisdom from years of experience. Find camaraderie and support with people who understand!

Managing Cancer Pain and Side Effects: What You Need to Know



**Monday, February 5
Lunch 12:15 – 12:30 PM
Program 12:30 – 2:00 PM**

House Calls Speaker: Mary Lynn McPherson, Pharm D, BCPS, CPE

Having cancer doesn't always mean you'll have pain, but if you do or are living with someone who does, this program is for you. Dr. Lynn McPherson, Professor & Executive Director, Advanced Post-Graduate Education in Palliative Care, Dept. of Pharmacy Practice and Science at the University of Maryland School of Pharmacy, will present the latest research and information about cancer pain, including:

- How to assess pain.
- How to treat it.
- How to manage adverse side effects from treatment.
- Why people might not get the pain treatment they need.
- Suggestions on how to advocate for yourself so that your pain is properly addressed by your healthcare team.

Dr. McPherson is an international authority in the fields of pain management and palliative care, and the 2014 recipient of the Maryland Pharmacist Association's Seidman Distinguished Achievement Award. She will be joined by residents, Dr. Alexandra McPherson and Dr. Ryan Costantino.

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Lymphedema Management



**Monday, February 5
7:00 – 8:30 PM**

House Calls Speaker: Christine Hudacek, MPT, CLT

Lymphedema, a common condition that can be caused by cancer and cancer treatment, occurs when the lymph system is damaged or blocked. Join Christine Hudacek, Physical Therapist at the University of Maryland St. Joseph Medical Center, to learn how to recognize the early warning signs of lymphedema, what you can do to reduce your risk and ways to manage lymphedema once it develops.

rsvp@hopewellcancersupport.org

Concentration, Relaxation and Meditation

This Month's Theme: Visualization

Tuesdays, February 6, 13, 27

(No class February 20)

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 focus on how to visualize.

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

Sound Meditation: A Four Week Group Experience – New!

**Orientation: Wednesday, February 7
9:30 – 10:30 AM**

**4-Week Group: Wednesdays
March 7, 14, 21, 28
9:30 – 10:30 AM**

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

Facilitator: Carole Sharp, LCSW-C

Through the use of Himalayan singing bowls, sound meditation offers a unique method of rest and renewal. Participants 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 increased resilience and well-being.

Often, the more one experiences sound meditation, the greater and more long lasting are the benefits.

In this four week series, we will not only practice sound meditation, but will allow time to explore and deepen the experience through group sharing and support.

Find out more about this new group by attending Orientation on Wednesday, February 7, 9:30 – 10:30 AM.

rsvp@hopewellcancersupport.org

Healthy Lunch Club – Healing Benefits of Honey



**Thursday, February 8
Lunch: 12:15 – 12:30 PM
Program: 12:30 – 1:45 PM**

Guest Speaker: Jeanne Deignan-Kosmides, MS, LGPC, NCC, E-RYT 500

(continued on back)

HopeWell

CANCER SUPPORT

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