

# MARCH 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><b>It's Cold and Flu Season!</b></p> <ul style="list-style-type: none"> <li>If you are feeling under the weather, please do take care of yourself and consider staying home to rest.</li> <li>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!</li> </ul>	<p><b>HopeWell's Winter Weather Policy</b></p> <ul style="list-style-type: none"> <li>On weekday mornings, HopeWell will follow Baltimore County's public school closure policy for inclement weather. (Please note: If schools open 2 hours late, we will cancel our early morning programs, those scheduled between 9 – 9:30 AM.)</li> <li>If roads are clear by late morning, we may resume our scheduled programming. We'll post our closure status on HopeWell's main line, 410.832.2719.</li> <li>For weekends, we will announce closure decisions when possible on Friday.</li> </ul>	<p><b>Walk with Hope Fall/Winter Programming Note:</b></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>					
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<p>REACHOUT &amp; RUN began 21 years ago to answer a need for a festive, celebratory, life-affirming race for people with all kinds of cancer. It's the only race of its kind in town, for the only place of its kind in town – HopeWell Cancer Support – a local, independent nonprofit.</p> <p><b>When and Where:</b> Sunday, April 22, 2018 Goucher College, Towson, MD</p> <p><b>Online Registration:</b> hopewellroar2018.eventbrite.com</p> <p><b>Interested in volunteering?</b> race@hopewellcancersupport.org</p>	<p><b>11</b></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>✓ 3:00 pm Thrive! – (Week 2)</li> <li>✓ 6:30 pm Palliative Care: What It Is... How It Can Help * House Calls Speaker: Helen M. Gordon, MD, FACP</li> </ul>	<p><b>12</b></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>○ 7:00 pm Welcome Meeting</li> </ul>	<p><b>13</b></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>○ 7:00 pm Welcome Meeting</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>✓ 9:30 am Sound Meditation: A Four Week Group Experience – (Week 2) * Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Healthy Coaching</li> <li>○ 11:00 am Qigong</li> <li>■ 12:30 pm Creating Healing Images</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>○ 9:15 am T'ai Chi</li> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 1:00 pm Art Class – Collage and Printmaking</li> <li>✓ 6:30 pm Pancreatic Cancer: Treatment Options, Concerns, Questions * House Calls Speaker: Daniel Laheru, MD</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>✓ 10:00 am Kids/Teens/Family Circle (Week 2)</li> <li>○ 10:15 am Couples Group</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> </ul>	
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## 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**

Sound Meditation, (cont'd)

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.

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

### Lunch and Learn – Common Sense Physical Therapy

*Physical Delights of Aging: Normal Aging and the Cancer Experience*

**Thursday, March 8  
Lunch: 12:15 – 12:30 PM  
Program: 12:30 – 2:00 PM**

*House Calls Speaker: Bonnie Schulman, PT*

It is natural that over time adults experience a decline in strength, flexibility and overall physical ability. A diagnosis of cancer may exacerbate the process and result in any number of orthopedic related issues such as joint pain, stiffness, muscle weakness and more. Please join Bonnie to discuss what kinds of changes you can expect from your body as you age and from the impact of illness and suggestions for easing the aging process to promote better overall health.

Please wear comfortable clothing as the program includes both demonstration and experiential exercises.

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

### Palliative Care: What It Is..... How It Can Help

**Monday, March 12, 6:30 – 8:00 PM**



*House Calls Speaker: Helen M. Gordon, MD, FACP*

Palliative care can enhance a person's overall quality of life. From managing difficult side effects to improving one's emotional, mental and spiritual well-being, palliative care can be

an essential component of a treatment plan. Yet many are not familiar with this type of care or may be unclear about it.

Learn what palliative care is, what it can do for you and how it can help guide you as you consider your options. Please join Helen Gordon, M.D., Director of Palliative Care at University of Maryland St. Joseph Medical Center, to find the answers to these questions and more.

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

### Art Class: Collage and Printmaking

**Thursday, March 15, 1:00 – 2:30 PM**

*Instructor: David Cunningham*

Join visiting artist David Cunningham, as he invites us to work in collage and printmaking. We will be combining two wonderful art mediums into one form of self exploration through a visual process of layers. The collage will allow us to affix paper of various tones and textures as a background. We will use silkscreen ink and a plate to generate a graphic in the foreground.

Materials will be provided.

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

### Pancreatic Cancer: Treatment Options, Concerns, Questions

**Thursday, March 15, 6:30 – 8:00 PM**

*House Calls Speaker: Daniel Laheru, M.D.*



Dr. Daniel Laheru, MD is a Medical Oncologist and Co-Director of the Skip Viragh Center for Pancreas Cancer Clinical Research and Patient Care at Johns Hopkins Sidney Kimmel Comprehensive Cancer Center. Please join us this

evening to learn about the latest treatment options for pancreatic cancer. Dr. Laheru will also talk about decision-making for treatment, short and long term side effects and their management and advances in research. This program offers a unique opportunity for you to ask questions and gain more knowledge from an expert in pancreatic cancer.

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

### Lunch and Learn – Building Circles of Support: What Support Do I Need and How Do I Find It?

**Monday, March 19  
Lunch: 12:15 – 12:30 PM  
Program: 12:30 – 2 PM**

*House Calls Speaker: Penny Graf, LCSW-C*

Cancer and its treatment raise many issues and questions, and we are often unsure where to go for answers. Too often, we are reluctant to ask for help or we don't know what we need; we don't even know what we don't know! During this program, we will discuss types of support that can help ease the cancer journey—including emotional, financial, knowledge and decision making, practical, social and spiritual—and how to find it. A list of key resources will be provided.

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

### Lymphedema Management

**Monday, March 19, 7:00 – 8:30 PM**

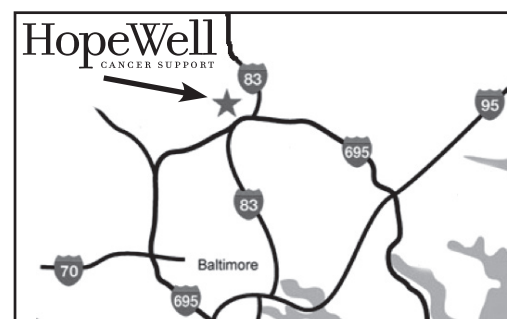
*House Calls Speaker: Christine Hudacek, MPT, CLT*



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.

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



# HopeWell Happenings

**MARCH 2018**

## CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN MARCH

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

### Healthy Lunch Club – Healing Benefits of Honey

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

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



The honeybee is an amazing creature and the honey it produces is an incredible product. Join bee keeper and yoga instructor, Jeanne Deignan-Kosmidis, 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.

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

### Mindfulness Meditation: 8-Week Course Starting

**Friday, March 2, 10:00 AM – Noon**

*Instructor: Lee Halfpenny, RYT*

This class presents meditation, breath work and yoga as critical skills for managing life's challenges.

*Attendance beginning at the first session is highly recommended.*

*Please note: We need a minimum of 12 people signed up in advance to hold this class.*

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

### Kids/Teens/Family Circle

**Saturdays, March 3, 10, 17, 24, April 7, 14  
10:00 – 11:30 AM**

This program is for kids and teens who have a parent, grandparent, close relative or close family friend living with cancer. Emphasis is on coping with change, identifying feelings, developing coping skills and boosting self-esteem.

The Kids/Teen Circle meets in a series of six consecutive weeks. Adults attend Family Circle while their kids take part in their respective groups. There are times throughout the six weeks when the adults and kids meet in joint activities.

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

### Drumming: Playing with Rhythm for Fun and Well-Being – New!

**Saturday, March 3, Noon – 1:00 PM**



*Guest Instructor: Toby Rivkin, Artist*

Group drumming is fun and energizing! Playing with rhythm can inspire creativity, help reduce stress, strengthen the immune system and put you in the present, as

you explore playing together in a group. Experience the benefits of drumming while creating a sense of community and connectedness with others.

Our leader, Toby Rivkin, is an artist experienced with creative community projects. Join fellow HopeWell participants as Toby guides us to tell a story through drumming rhythms. If you have your own drum, please bring it. If not, drums and other percussion instruments will be provided. No prior musical or drumming experience necessary. All ages are welcome!

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

### Lunch & Learn – Benefits of Walking With a Group

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

*Speaker: Sharon Calvano, LCSW-C, Fitness Instructor*

More and more research is demonstrating the value and benefit of walking with a group for improved health and quality of life. Did you know that HopeWell offers a weekly walking program, *Walk With Hope?* With Spring around the corner, now's the time to take advantage of the warmer weather and get involved in our walking program. This

is the perfect way to start a new exercise routine or complement what you already do.

Plus, if you've always wanted to participate in **REACHOUT & RUN** but were not quite ready, this is the way to start. This will prepare you for the 1-mile Walk with Hope at **REACHOUT & RUN** on Sunday morning, April 22nd.

Join Sharon Calvano, social worker and fitness instructor, to learn more about the positive outcomes that often result from walking with a group, physically, socially and emotionally. Plus she'll talk about how to prepare for a walk, e.g. shoes, hydration, sunscreen, etc. And, if you have a smart phone, please bring it with you and she'll show you how to download and use walking apps for motivation and fun.

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

### Thrive: New Group Forming!

**6-Week Session:  
Mondays, March 5, 12, 19, 26, 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.

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

### Sound Meditation: A Four Week Group Experience – New!

**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.

*(continued on back)*

**HopeWell**  
CANCER SUPPORT

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*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)

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