

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</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>2</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Five Week Group Experience – New Series! (Week 1) <i>* Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching</i> ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images 	<p>3</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 Lunch and Learn – Common Sense Physical Therapy: What Do I Need and How Do I Get It? <i>* House Calls Speaker: Bonnie Schulman, PT</i> 	<p>4</p> <ul style="list-style-type: none"> ✓ 10:00 am Mindfulness Meditation (Week 8) ○ 1:00 pm Yoga Nidra 	<p>5</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>6</p>	<p>7</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 <i>* House Calls Speaker: Mary Lynn McPherson, Pharm D, BCPS, CPE</i> ○ 7:00 pm Breast Cancer Group 	<p>8</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>9</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Five Week Group Experience – (Week 2) <i>* Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching</i> ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images 	<p>10</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 – Supplements, Vitamins and Cancer <i>* House Calls Speaker: Tedra Scott, Pharm D.</i> ○ 7:00 pm Ovarian Cancer Group 	<p>11</p> <ul style="list-style-type: none"> ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra 	<p>12</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women NO CLASS
<p>13</p>	<p>14</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>15</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>16</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Five Week Group Experience – (Week 3) <i>* Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching</i> ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images 	<p>17</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 – Creating Place-Scapes, Part II ○ 6:30 pm Pancreatic Cancer Support and Networking Group 	<p>18</p> <ul style="list-style-type: none"> ○ 1:00 pm Yoga Nidra 	<p>19</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>20</p> <p>A Day of Mindfulness – Spring Retreat ✓ 10:00 am – 3:00 pm <i>Instructor: Lee Halfpenny, RYT</i></p>	<p>21</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 ✓ 6:30 pm Breast Cancer Group – Proton Therapy: A New Ray of Hope for Breast Cancer Patients <i>* House Calls Speaker: Wendla Citron, MD</i> <i>Note Change of Start Time!</i> 	<p>22</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>23</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Five Week Group Experience – (Week 4) <i>* Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching</i> ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images 	<p>24</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 The Art of Beading: Charm Cluster Necklace ○ 7:00 pm Ovarian Cancer Group 	<p>25</p> <ul style="list-style-type: none"> ○ 1:00 pm Yoga Nidra 	<p>26</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women
<p>27</p>	<p>28</p> <p>HopeWell Closed Memorial Day Holiday No Classes or Groups</p>	<p>29</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>30</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Five Week Group Experience – (Week 5) <i>* Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching</i> ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images 	<p>31</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 Lunch and Learn – Moving a Difficult Conversation Forward: Advance Directives & Financial Powers of Attorney <i>* Guest Speaker: Jason A. Frank, Esq.</i> 		

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**

about vitamins and supplements. She will discuss their role in the treatment of cancer, potential drug interactions, contraindications and the importance of discussing this first with your oncologist and health care team before taking such products.

Questions are welcome. Please bring a healthy dish to share.

rsvp@hopewellcancersupport.org

Line Dancing!

Monday, May 14, 12:30 – 1:30 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.

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

rsvp@hopewellcancersupport.org

Art Class: Creating Place-Scapes, Part II

Thursday, May 17, 1:00 – 2:30 PM

Instructor: David Cunningham

Visiting artist, David Cunningham, will guide us in a special art project using organic forms from the beautiful grounds at Hopewell. Participants are invited to create a small landscape/sculpture form with varied materials and their own personal touch. This workshop is similar to the one offered last month, "Creating Mini-Landscapes", which was very well-received. One does not need to have been present at Part I to enjoy this workshop.

Materials will be provided.

rsvp@hopewellcancersupport.org

A Day of Mindfulness – Spring Retreat

Sunday, May 20, 10:00 AM – 3:00 PM

Instructor: Lee Halfpenny, RYT

For those who have had some experience with mindfulness and meditation, please join us for this day long retreat. This is a rare opportunity to deepen your practice, refresh and rejuvenate all the while in our beautiful barn and natural setting.



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

The program includes walking and sitting meditation and periods of yoga nidra and hatha yoga.

- Some meditation will be guided; some will be done on your own. Lee will give short instructions throughout the day.
- Please wear loose clothing.
- Please bring your lunch as we will be eating together in silence in the barn.

Please note: We need a minimum of 12 participants signed up in advance to hold this retreat.

rsvp@hopewellcancersupport.org by
Wednesday, May 16th

Proton Therapy: A New Ray of Hope for Breast Cancer Patients

Monday, May 21, 6:30 – 8:00 PM

House Calls Speaker: Wendla Citron, MD



Dr. Wendla Citron, a Radiation Oncologist at The Maryland Proton Treatment Center, is an expert in the use of proton therapy, specifically for the treatment of breast cancer and other cancers that affect women. She is Assistant Professor of Radiation Oncology, University of Maryland School of Medicine, Program Director, Radiation Oncology Residency Program and Medical Director, Tate Cancer Center, Baltimore Washington Medical Center.

Proton therapy is a highly targeted type of radiation that treats localized, solid tumors near critical organs in the body. Please join Dr. Citron to learn:

- How proton therapy is used to effectively treat breast cancer.
- What factors determine whether proton therapy is an option.
- How proton therapy differs from other types of radiation therapy for breast cancer.
- Side effects of proton therapy.
- Whether proton therapy can be used in conjunction with other cancer treatments.

Your questions are welcome during this informational presentation.

rsvp@hopewellcancersupport.org

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

Parent Grief Group with Children and Teens

Tuesday, May 22, 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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Lunch and Learn – Moving a Difficult Conversation Forward: Advance Directives & Financial Powers of Attorney

Thursday, May 31

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM

Guest Speaker: Jason A. Frank, Esq.



Simply put, Advance Directives are legal documents that speak to the kind of care you would or would not want should you become very ill and unable to speak for yourself. Financial Powers of Attorney enable others to manage finances and make other financial decisions should you be unable to handle these matters yourself. Many of us procrastinate and avoid dealing with this subject and the conversations that go along with it. Many have questions regarding these decisions.

Join Jason H. Frank, President of the Law Offices of Frank, Frank & Scherr LLC, to learn more about these medical and financial decisions and documents, why it is important to have them in place for you and your family, what is involved in taking care of this important matter and ways to broach this difficult conversation with your loved ones.

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HopeWell Happenings

MAY 2018

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN MAY

HopeWell's programs are always offered at no charge!

Concentration, Relaxation and Meditation

**This Month's Theme:
The Five Core Skills of Mindfulness**

**Tuesdays, May 1, 8, 15, 22, 29
12:00 – 12:45 PM**

*Instructors: Jeanne Deignan-Kosmidis
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.

Please join us as we explore *The Five Core Skills of Mindfulness* by author and speaker Terry Fralich. Jeanne recently attended a Mindfulness Training Certification Program with Terry Fralich and will be sharing some of the highlights and exercises from this training throughout the month of May.

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

Sound Meditation: A Five Week Group Experience – New Series Starting!

**Wednesdays, May 2, 9, 16, 23, 30
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 five week series, we will not only practice sound meditation, but will allow time to explore and deepen the experience through group sharing and support.

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Creating Healing Images

**Wednesdays, May 2, 9, 16, 23, 30
12:30 – 2:30 PM**

Facilitator: Wanda Harrison, LCSW-C

The simple act of drawing is not only a way to express one's self creatively, but as research is showing, can help generate positive feelings and improved mood.

Using basic materials, e.g., pastel chalks, oil based pastels and color pencils, join others to find enjoyment by creating and sharing your drawings. This group will provide a supportive experience that is sure to delight and surprise!

No art experience is needed. We invite you to drop by the group and find out for yourself.

Lunch and Learn – Common Sense Physical Therapy: What Do I Need and How Do I Get It?

Thursday, May 3

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

Taking stock of your overall level of daily functioning as it affects your quality of life is the first step towards getting the help you need. However, this is often easier said than done. In today's program, Bonnie will assist you in solving the puzzle. She will help you describe your problems as a result of your cancer, its treatment and other factors.

This session will include time for sharing and brainstorming.

Note: Please wear comfortable clothing to this experiential program.

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Lunch & Learn – Managing Cancer Pain and Side Effects: What You Need to Know

Monday, May 7

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, Department of Pharmacy Practice and Science at the University of Maryland School of Pharmacy, will present the latest research and information about cancer pain.

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 resident, Dr. Alexandra McPherson.

rsvp@hopewellcancersupport.org

Healthy Lunch Club – Supplements, Vitamins and Cancer

Thursday, May 10

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM



*House Calls Speaker:
Tedra Scott, Pharm D*

Vitamins and supplements are often thought of as resources to help people with cancer stay strong and manage side effects. However, there is evidence that some can interfere

with cancer treatments. Please join Dr. Tedra Scott, Pharmacist with the Sandra and Malcolm Berman Cancer Institute at GBMC, to find out what you should know

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