

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|--|
| <p>Scheduling Note: In case you were wondering . . .</p> <p>This year we plan to hold our HOPEWELL ANNUAL REUNION sometime this fall. Please stay tuned for date and time.</p> | | | | | <p>1</p> <p>○ 1:00 pm Yoga Nidra NO CLASS</p> | <p>2</p> <p>○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone</p> |
| <p>3</p> <p>○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:15 pm Lunch and Learn – Grow Your Own Vegetables: Container Gardening * Speaker/Instructor: Tom Potyraj, Vice President, Baltimore County Master Gardeners ✓ 3:00 pm Thrive – New Group Forming! (Week 1) ○ 7:00 pm Breast Cancer Support Group</p> | <p>4</p> <p>○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting</p> | <p>5</p> <p>✓ 9:30 am Sound Meditation: A Three Week Group Experience – New Series! (Week 1) * Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images</p> | <p>6</p> <p>○ 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 – A Sampler of Exercises: Choosing Wisely * House Calls Speaker: Bonnie Schulman, PT</p> | <p>7</p> <p>✓ 10:00 am Mindfulness Meditation – New Series! (Week 1) ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra</p> | <p>8</p> <p>○ 9:00 am Yoga ○ 10:30 am Strength and Tone</p> | <p>9</p> |
| <p>10</p> <p>○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Look Good, Feel Better ✓ 12:30 pm Line Dancing! ○ 1:00 pm Metastatic Breast Cancer Support Group ✓ 3:00 pm Thrive (Week 2)</p> | <p>11</p> <p>○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Medical Cannabis: What You Need To Know * House Calls Speaker: Joy Strand, Executive Director, MD Medical Cannabis Commission ○ 7:00 pm Welcome Meeting</p> | <p>12</p> <p>✓ 9:30 am Sound Meditation (Week 2) * Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images</p> | <p>13</p> <p>○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Healthy Lunch Club – To Buy Organic or Not * Facilitator: Sharon Calvano, LCSW-C ○ 7:00 pm Ovarian Cancer Support Group</p> | <p>14</p> <p>✓ 10:00 am Mindfulness Meditation (Week 2) ○ 1:00 pm Yoga Nidra</p> | <p>15</p> <p>○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone</p> | <p>16</p> |
| <p>17</p> <p>○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Therapeutic Yoga Workshop with a Mindful Meditation * Instructor: Amy Nusbaum, RN, RYT ✓ 3:00 pm Thrive (Week 3) ○ 7:00 pm Breast Cancer Support Group</p> | <p>18</p> <p>○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting</p> | <p>19</p> <p>✓ 9:30 am Sound Meditation NO CLASS ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images</p> | <p>20</p> <p>○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class: The Basics of Drawing ○ 6:30 pm Pancreatic Cancer Support and Networking Group</p> | <p>21</p> <p>✓ 10:00 am Mindfulness Meditation (Week 3) ○ 1:00 pm Yoga Nidra</p> | <p>22</p> <p>○ 9:00 am Yoga ○ 10:30 am Strength and Tone</p> | <p>23</p> |
| <p>24</p> <p>○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Needlework...Craft & Meditation ○ 1:00 pm Metastatic Breast Cancer Support Group ✓ 3:00 pm Thrive (Week 4) ○ 6:30 pm Brain Tumor Support Group ○ 6:30 pm Lung Cancer Support Group</p> | <p>25</p> <p>○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ○ 6:30 pm Blood Cancer Support and Networking Group ○ 7:00 pm Welcome Meeting</p> | <p>26</p> <p>✓ 9:30 am Sound Meditation (Week 3) * Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images</p> | <p>27</p> <p>○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading: Wire Wrap Hoop Earrings with Beads ○ 7:00 pm Ovarian Cancer Support Group</p> | <p>28</p> <p>✓ 10:00 am Mindfulness Meditation NO CLASS ✓ 10:30 am Writing for Resilience: A Writing for Wellness Workshop * Speaker/Facilitator: Michelle Pearce, PhD ○ 1:00 pm Yoga Nidra NO CLASS</p> | <p>29</p> <p>○ 9:00 am Yoga ○ 10:30 am Strength and Tone</p> | <p>30</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**

Mindfulness Meditation, (cont'd)

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

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Look Good...Feel Better

Monday, June 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.

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Medical Cannabis in Maryland: What You Need To Know

Tuesday, June 12, 6:30 – 8:00 PM



House Calls Speaker: Joy Strand, Executive Director, Maryland Medical Cannabis Commission

Medical cannabis has been shown to be effective in treating pain, nausea, and loss of appetite, among other conditions. It is now

legally available to qualifying patients in Maryland. Please join Joy Strand, Executive Director, Maryland Medical Cannabis Commission, to learn about all the details of the program including who is eligible, what is required to register, the physician's role, information for caregivers, dispensaries, financial and insurance issues, products, etc. There will be plenty of time for questions.

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Healthy Lunch Club – To Buy Organic or Not

Thursday, June 14

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 1:45 PM

Facilitator: Sharon Calvano, LCSW-C

As a consumer, it is often confusing to know when to buy organic fresh fruits and vegetables and when it isn't necessary. Join Sharon Calvano to learn about available and

reliable resources to help you make safer and more informed decisions when you're shopping for produce. And, if you have a smart phone, please bring it with you. Sharon will show you how to download an app that you can use to scan items in the grocery store to determine their health rating before you buy.

Please bring a healthy dish to share.

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Therapeutic Yoga Workshop with a Mindful Meditation

Monday, June 18, 12:30 – 1:30 PM

Instructor: Amy Nusbaum, RN, RYT



Feeling stressed or uneasy? Does it feel like you have no energy? Do your shoulders, neck and back feel tight? In this workshop, Amy Nusbaum, a registered nurse and yoga therapist, will use a variety of props (balls, poles, massage

peanuts) and exercises to open up the tissues, fascia (connective tissue) and energy pathways, all with the goal of teaching you how to relax your body.

A therapeutic yoga practice can help:

- Improve concentration.
- Release tension.
- Improve the quality of your sleep.
- Enhance your sense of well-being.

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Art Class: The Basics of Drawing

Thursday, June 21, 1:00 – 2:30 PM

Instructor: David Cunningham

Visiting artist, David Cunningham, will guide us in a session of drawing. Drawing can be a form of depiction using pencil, chalk, crayon, or pastel to document a particular impression, mood, or observed impression.

David will instruct in a studio based drawing process. We will focus on observation skills and be invited to use pencils to create your drawings.

No drawing experience needed. Even if you have never drawn before, we welcome your willingness to focus and explore with David during this session. Materials will be provided.

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The Art of Beading: Wire Wrap Hoop Earrings With Beads

Thursday, June 28, 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 pair of wire wrap hoop earrings with beads. This class is great for all levels.

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Writing for Resilience: A Writing for Wellness Workshop

Monday, June 29, 10:30 AM – 12:30 PM

Speaker/Facilitator: Michelle Pearce, PhD



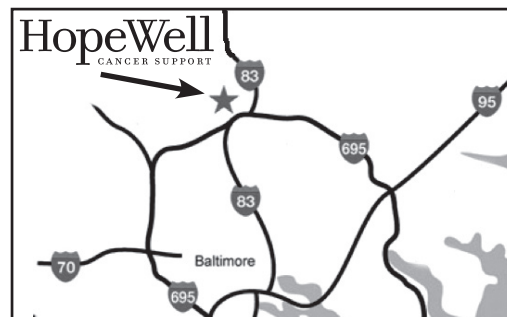
Studies have shown that writing can be an effective way to reduce stress and improve health and well-being. When facing a cancer diagnosis, life can suddenly feel out of control. Writing is one thing you still have control over. You can do it

anytime, anywhere. It can help you process painful emotions, explore new identities, and grow through challenging times.

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. This particular workshop will focus on building resiliency and finding your way toward wholeness.

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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HopeWell
CANCER SUPPORT

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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

Stay connected to HopeWell!



Facebook.com/HopeWellCancerSupport



Instagram/HopeWellCancerSupport



YouTube/HopeWell Baltimore

HopeWell Happenings

June 2018

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN JUNE

HopeWell's programs are always offered at no charge!

Lunch and Learn – Grow Your Own Vegetables: Container Gardening

Monday, June 4

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM

Speaker/Instructor: Tom Potyraj, Vice President, Baltimore County Master Gardeners

Eating fresh vegetables offers an abundance of health benefits. Imagine the possibilities of not only eating but growing your own vegetables. Join Tom Potyraj, Vice President, Baltimore County Master Gardeners, to learn all you need to know about growing veggies in containers, a great way to garden even if you live in an apartment or have limited yard space. With spring upon us, this is the perfect time to attend this introductory vegetable container gardening class which will include information on types of containers, fertilizer, compost, types of soil-less mixes, watering and how and what to plant.

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Thrive – New Group Forming!

**6-Week Session: Mondays
June 4, 11, 18, 25 and July 2, 9
3:00 – 4:30 PM**

Facilitator: Sharon Calvano, LCSW-C

Thrive is back! Take this opportunity to participate in the only Thrive Group to be scheduled this summer.

This unique program will help motivate you to make small behavior changes that can turn into long-term habits.

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Concentration, Relaxation and Meditation

**This Month's Theme:
The Elements and Energy**

**Tuesdays, June 5, 12, 19, 26
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 learn about and focus our meditation on using the elements (air, fire, water, earth and space) to align our energies and connection with cosmic consciousness.

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

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

Wednesdays, June 6, 13, 27

(No class on 06/20) 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 three 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, June 6, 13, 20, 27
12:30 – 2:30 PM**

Facilitator: Wanda Harrison, LCSW-C

The simple act of drawing is a not only a way to express one's self creatively, but as research is showing, can help to 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 A Sampler of Exercises: Choosing Wisely

Thursday, June 7

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

Facilitator: Sharon Calvano, LCSW-C

There are many approaches to exercise and many aspects of physical fitness, e.g., aerobic, strength, balance, flexibility, etc. In our quest to develop a balanced exercise plan and achieve overall fitness, it is easy to become confused as to what each type of workout offers and where we should focus our energy.

Join Bonnie and Sharon and other instructors to learn about the different types of exercise and movement available and the specific benefits of each. Take this special, fun filled opportunity to sample and experience a variety of many popular forms of exercise firsthand.

Note: Please wear comfortable clothing to this experiential program.

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Mindfulness Meditation – New Series!

**8-Week Course Starting
Friday, June 8, 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.

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