

# AUGUST 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>Walk with Hope: One Step at a Time Summer/Fall Programming Note</b></p> <p>If the outside temperature is above 90°, 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><b>1</b></p> <ul style="list-style-type: none"> <li>✓ 9:30 am Sound Meditation: A Five Week Group Experience – <i>New Series!</i> (Week 1)</li> <li>○ 11:00 am Qigong</li> <li>○ 12:30 pm Creating Healing Images</li> </ul>	<p><b>2</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> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (Week 4)</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:15 am Couples Group</li> <li>○ 10:30 am Strength and Tone</li> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope: One Step at a Time <i>New 6 Week Series!</i> (Week 1)</li> <li>○ 11:00 am Strength and Tone</li> <li>✓ 1:00 pm Creative Photography: A Way to Re-Focus and De-Stress (Week 4) <i>* Guest Instructor: Bruce Harrison</i></li> <li>○ 7:00 pm Breast Cancer Support Group</li> </ul>	<p><b>6</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>○ 7:00 pm Welcome Meeting</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>✓ 9:30 am Sound Meditation: A Five Week Group Experience (Week 2)</li> <li>○ 11:00 am Qigong</li> <li>○ 12:30 pm Creating Healing Images</li> </ul>	<p><b>8</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>✓ 12:15 pm Healthy Lunch Club – Chef Egg Live: Fresh Summer Recipes and Healthy Cooking Techniques <i>* Guest Instructor: Erik Berlin</i></li> <li>○ 7:00 pm Ovarian Cancer Support Group</li> </ul>	<p><b>9</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: Decoupage</li> <li>○ 6:30 pm Pancreatic Cancer Support and Networking Group <i>* With thanks to the Rosenberg Foundation</i></li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (Week 5)</li> <li>✓ 11:00 am Coloring the Spaces, Clearing the Mind</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope: One Step at a Time (Week 2)</li> <li>○ 11:00 am Strength and Tone</li> <li>✓ 12:30 pm Line Dancing!</li> <li>✓ 12:30 pm Look Good, Feel Better</li> <li>✓ 1:00 pm Creative Photography: <i>NO CLASS</i></li> <li>○ 1:00 pm Metastatic Breast Cancer Group</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 Five Week Group Experience (Week 3)</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 The Art of Beading: Wire Wrap Cuff Bracelet with Beads</li> <li>○ 7:00 pm Ovarian Cancer Group</li> </ul>	<p><b>16</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 The Art of Beading: Wire Wrap Cuff Bracelet with Beads</li> <li>○ 7:00 pm Ovarian Cancer Group</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (Week 6)</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:15 am Couples Group</li> <li>○ 10:30 am Strength and Tone</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope: One Step at a Time (Week 3)</li> <li>○ 11:00 am Strength and Tone</li> <li>✓ 1:00 pm Creative Photography: A Way to Re-Focus and De-Stress (Week 5) <i>* Guest Instructor: Bruce Harrison</i></li> <li>○ 7:00 pm Breast Cancer Group</li> </ul>	<p><b>20</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>○ 7:00 pm Welcome Meeting</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>✓ 9:30 am Sound Meditation: A Five Week Group Experience (Week 4)</li> <li>○ 11:00 am Qigong</li> <li>○ 12:30 pm Creating Healing Images</li> </ul>	<p><b>22</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 The Art of Beading: Wire Wrap Cuff Bracelet with Beads</li> <li>○ 7:00 pm Ovarian Cancer Group</li> </ul>	<p><b>23</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 The Art of Beading: Wire Wrap Cuff Bracelet with Beads</li> <li>○ 7:00 pm Ovarian Cancer Group</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (Week 7)</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone</li> </ul>
<p><b>26</b></p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope: One Step at a Time (Week 4)</li> <li>○ 11:00 am Strength and Tone</li> <li>✓ 12:30 pm Needlework...Craft &amp; Meditation</li> <li>○ 1:00 pm Metastatic Breast Cancer Group</li> <li>✓ 6:30 pm Brain Tumor Support Group <b>Brain Tumors: Enhancing Quality of Life</b> <i>* House Calls Speaker: Martha E. Francis, MSN, FNP-BC, AOCNP</i></li> <li>○ 6:30 pm Lung Cancer Support Group</li> </ul>	<p><b>27</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 Blood Cancer Support and Networking Group</li> <li>■ 6:30 pm Adult Bereavement Group</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>✓ 9:30 am Sound Meditation: A Five Week Group Experience (Week 5)</li> <li>○ 11:00 am Qigong</li> <li>○ 12:30 pm Creating Healing Images</li> <li>✓ 6:30 pm Preparing for Surgery: How to Have a Better Surgery, Let Go of Anxiety and Heal Faster <i>* House Calls Speaker: Rosanne Sheinberg, MD</i></li> </ul>	<p><b>29</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 Introduction to Zentangle® <i>* Guest Instructor: Becky Boynton, CZT</i></li> </ul>	<p><b>30</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 Introduction to Zentangle® <i>* Guest Instructor: Becky Boynton, CZT</i></li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (Week 8)</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	

## 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](mailto:rsvp@hopewellcancersupport.org).

■ Interested participants meet individually with Program Staff to learn more about this group. Please call 410-832-2719.

\* **SPEAKER**

**Look Good...Feel Better**  
Monday, August 13, 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.

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

**Art Class: Decoupage**  
Thursday, August 16, 1:00 – 2:30 PM

*Instructor: David Cunningham*  
Please join David Cunningham, our visiting artist, for a session working in Decoupage. The "Art of Decoupage" consists of three dimensional collage applications over forms. This unique method will be used as a way to create a flexible overlapping layer of torn swatches of magazine pages with glue and water. We will use photographic impressions from magazines. Feel free to bring in a small object or favorite piece of driftwood.

No prior experience needed to enjoy this creative sharing time with David.

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

**Pancreatic Cancer Support and Networking Group**  
Thursday, August 16, 6:30 – 8:00 PM

*Facilitator: Veronica Land Davis, LCSW-C*  
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 networking group for inspiration, information and support. The group meets on the third Thursday of each month. Adult family members are welcome to attend.

*The Pancreatic Cancer Support and Networking Group is supported by a gift from the Henry and Ruth Blaustein Rosenberg Foundation in memory of Tim Fuller.*



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 Art of Beading: Wire Wrap Cuff Bracelet With Beads**  
Thursday, August 23, 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 wire wrap cuff bracelet with beads. This class is great for all levels.

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

**Needlework...Craft and Meditation**  
Monday, August 27, 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.

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.

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

**Brain Tumors: Enhancing Quality of Life**  
Monday, August 27, 6:30 – 8:00 PM



*House Calls Speaker: Martha E. Francis, MSN, FNP-BC, AOCNP*

Brain tumors and their treatment often result in neurological and physical changes impacting cognitive functioning, language, balance and overall quality of life for both the patient and the family. Please join Martha E. Francis, Nurse Practitioner, Department of Radiation Oncology, University of Maryland Medical Center, for a presentation and discussion about the unique physical and emotional challenges patients with brain tumors and their families face.

Topics to be covered include management of treatment side effects, both short and long term, strategies for coping and reducing stress, ways to advocate for an improved experience and the important role communication plays among family members and the health care team for maximizing quality of life.

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

**Preparing for Cancer Surgery: How to Have a Better Surgery, Let Go of Anxiety and Heal Faster**  
Wednesday, August 29, 6:30 – 8:00 PM

*House Calls Speaker: Rosanne Sheinberg, MD*



Cancer treatments often involve procedures and surgeries, all of which can, by their very nature, increase stress and anxiety. The good news is that there are ways to manage and control these responses and reduce post-surgical

after effects such as pain and nausea and at the same time return to your baseline faster.

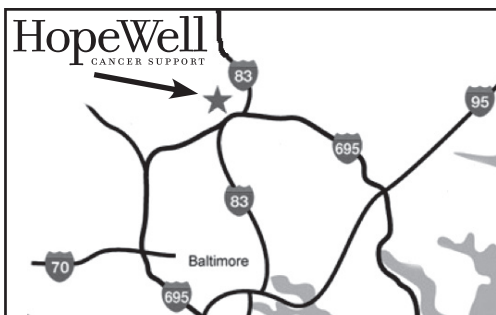
Please join Dr. Rosanne Sheinberg, Medical Director, Integrative Medicine at Sibley Memorial Hospital, Johns Hopkins University – School of Medicine, to learn strategies for preparing oneself for surgery. Dr. Sheinberg is an expert in the area of pre-operative integrative medicine modalities and techniques. This promises to be an informative and enlightening program about a very important subject.

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**Introduction to Zentangle®**  
Thursday, August 30, 1:00 – 2:30 PM

*Guest Instructor: Becky Boynton, CZT*  
The Zentangle Method is a simple, relaxing, and fun way to create beautiful abstract designs by drawing structured patterns. Join Becky Boynton, Certified Zentangle Teacher, to learn this step by step method to create something unexpected and creative. "Tangling" is calming, reduces stress, improves focus and can build self-confidence. Think you cannot draw? You will likely be pleasantly surprised. All materials will be provided. If you wear reading glasses, please bring them.

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

**Stay connected to HopeWell!**

- Facebook.com/HopeWellCancerSupport
- Instagram/HopeWellCancerSupport
- YouTube/HopeWell Baltimore

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)

# HopeWell Happenings

August 2018

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

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

**Sound Meditation: A Five Week Group Experience**

*New Series Starting!*

Wednesdays, August 1, 8, 15, 22, 29  
9:30 – 10:30 AM



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

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.

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

**Creating Healing Images**

*Now a Drop In Group!*

Wednesdays, August 1, 8, 15, 22, 29  
12:30 – 2:00 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 colored 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.

**Stretch and Tone**

Thursdays, August 2, 9, 16, 23, 30  
11:00 AM – 12:00 PM



*Instructor: Nancy Poznak, MS, CHES, CPT, GFI – New!*

Please join our new fitness instructor, Nancy Poznak, who will lead you in a full body workout. Using weights and other resistance techniques, this class will help to strengthen, stretch and tone the muscles. It will include low impact aerobic movement, exercises for mobility and balance, and stretching for flexibility.

This class is designed for all levels of fitness including those who have had surgeries and treatments. All levels are welcome.

**Concentration, Relaxation, Meditation**

*This Month's Theme: Meditation for Daily Life*

Tuesdays, August 7, 14, 21, 28  
12:00 – 12:45 PM

*Instructors: Jeanne Deignan-Kosmides and Jana Long*

Please join us this month as we explore meditation practices that focus on breath, relaxation, self-awareness and contemplation.

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

**Walk with Hope: One Step at a Time**

*New 6 Week Series Starting!*

Mondays, August 6, 13, 20, 27  
September 10, 17, 9:30 – 10:30 AM



*Instructor: Andy Giordano – New!*

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? In fact, this month we are launching a new and different approach to our Walk for Hope Program. Now is the time to take advantage of the warmer weather and get involved . . . this is the perfect way to start a new exercise routine or complement what you already do.

Join Andy Giordano, Fitness Instructor, who will lead our new walking group. He'll include warm ups, walking tips and techniques, goal setting and tracking progress. This is an easy way to build more exercise into your weekly routine. It can help to improve the cardiovascular system, increase muscle strength and endurance, and improve coordination and balance. Plus this is a great opportunity to kick off your week in a positive way and socialize at the same time.

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

**Healthy Lunch Club – Chef Egg Live: Fresh Summer Recipes and Healthy Cooking Techniques**

Thursday, August 9  
Lunch: 12:15 PM  
Program: 12:30 – 2:00 PM

*Guest Instructor: Erik Berlin*

Join Chef Egg for a lively cooking demonstration making the most of seasonal fruits and vegetables. He will show you how to prepare nutritious, delicious, creative and economical dishes that are easy to make and sure to please the palate.

Please bring a healthy dish to share.

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

**Line Dancing!**

Monday, August 13, 12:30 – 1:30 PM

*Instructor: Wanda Harrison, LCSW-C*

Line Dancing is back! 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.

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

