

SEPTEMBER 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>Walk with Hope: One Step at a Time Summer/Fall Programming Note</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>1</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone
<p>2</p> <p>HopeWell Closed Labor Day Holiday <i>No Classes or Groups</i></p>	<p>3</p>	<p>4</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>5</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Four Week <u>Morning</u> Group Experience <i>New Series Starting!</i> (Week 1) ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images 	<p>6</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 – Ask the Dietitian <i>* House Calls Speaker: Keri Ryniak, RD, CSO, LDN, CNSC</i> 	<p>7</p> <ul style="list-style-type: none"> ○ 1:00 pm Yoga Nidra 	<p>8</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone
<p>9</p> <ul style="list-style-type: none"> ✓ 9:30 am Walk with Hope: One Step at a Time (Week 5) ○ 11:00 am Strength and Tone ○ 1:00 pm Metastatic Breast Cancer Group ✓ 6:30 pm Sound Meditation: A Three Week <u>Evening</u> Group Experience <i>New Series Starting!</i> (Week 1) 	<p>10</p>	<p>11</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>12</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Four Week <u>Morning</u> Group Experience (Week 2) ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images ✓ 6:30 pm GYN Cancers: Update on Treatment Options and Related Issues <i>* House Calls Speaker: Stephanie Wethington, MD, MS, MSc</i> 	<p>13</p> <ul style="list-style-type: none"> ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:30 pm Line Dancing! ○ 7:00 pm Ovarian Cancer Group 	<p>14</p> <ul style="list-style-type: none"> ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra NO CLASS 	<p>15</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone
<p>16</p> <ul style="list-style-type: none"> ✓ 9:30 am Walk with Hope: One Step at a Time (Week 6) ○ 11:00 am Strength and Tone ✓ 6:30 pm Sound Meditation: A Three Week <u>Evening</u> Group Experience (Week 2) ○ 7:00 pm Breast Cancer Group 	<p>17</p>	<p>18</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>19</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Four Week <u>Morning</u> Group Experience (Week 3) ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images 	<p>20</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: Using Words and Drawings to Weave a Story ○ 6:30 pm Pancreatic Cancer Support and Networking Group <i>*With thanks to the Rosenberg Foundation</i> 	<p>21</p> <ul style="list-style-type: none"> ○ 1:00 pm Yoga Nidra 	<p>22</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone
<p>23</p> <ul style="list-style-type: none"> ○ 11:00 am Strength and Tone ✓ 12:30 pm Needlework...Craft & Meditation ✓ 6:30 pm Sound Meditation: A Three Week <u>Evening</u> Group Experience (Week 3) 	<p>24</p>	<p>25</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 3:00 pm Metastatic Breast Cancer Support Group – <i>New Time!</i> ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Blood Cancer Support and Networking Group <i>* Celebrating Blood Cancer Awareness Month: A Survivor's Panel</i> ✓ 6:30 pm Parent Grief Group ○ 7:00 pm Welcome Meeting 	<p>26</p> <ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Four Week <u>Morning</u> Group Experience (Week 4) ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images 	<p>27</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: Wire Wrap Earrings with Large Beads ○ 7:00 pm Ovarian Cancer Group 	<p>28</p> <ul style="list-style-type: none"> ○ 1:00 pm Yoga Nidra 	<p>29</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone
<p>30</p> <ul style="list-style-type: none"> ○ 6:30 pm Brain Tumor Support Group ○ 6:30 pm Lung Cancer Support Group 						

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**

Dr. Wethington is a graduate of Columbia University College of Physicians and Surgeons. She completed a fellowship in Gynecologic Oncology at Memorial Sloan-Kettering in New York, is a board certified Gynecologic Oncologist and has a special interest in cancer survivorship issues. There will be ample opportunity for questions.

rsvp@hopewellcancersupport.org

Line Dancing!

Thursday, September 13, 1:30 – 2:30 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.

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Art Class: Using Words and Drawings to Weave a Story

Instructor: David Cunningham

Thursday, September 20, 1:00 – 2:30 PM

Our visiting artist, David Cunningham, invites you to participate in storytelling as a collaborative and artistic process. Please join us for this exciting new workshop featuring storytelling and illustration. The purpose of the workshop is to inspire visual impressions from a group narrative. Together, we will work with words and drawings to create a collective, cohesive story. No prior experience needed to enjoy this creative sharing time with David.

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Pancreatic Cancer Support and Networking Group

Thursday, September 20, 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.

- Learn from those who have had a similar experience.
- Help others who can learn from you.
- Enjoy the camaraderie and sense of community one often feels when sharing with others who understand just what you are going through.

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.

Metastatic Breast Cancer Support Group

New Time, New Facilitator!

Tuesday, September 25, 3:00 – 4:30 PM

Facilitator: Susan Glone, LCPC

This bi monthly drop in group, formed especially for women with metastatic breast cancer, focuses on the unique challenges they face living with this disease. Join other women to share information, discuss common concerns and find mutual support.

The group meets on the 2nd and 4th Tuesday of each month from 3:00 – 4:30 PM.

Blood Cancer Support and Networking Group

Celebrating Blood Cancer Awareness Month: A Survivor's Panel

Tuesday, September 25, 6:30 – 8:00 PM

Facilitator: Deborah Shapiro, PhD

We will recognize Blood Cancer Awareness Month with a panel of Survivor Speakers who will share their stories of hope and survivorship. Please join in to share your own story of survivorship and connect with others impacted by blood cancer. Join us for this opportunity to discuss issues and concerns of blood cancer survivorship and solutions. This co-sponsored support/networking group welcomes all patients and families who have been touched by leukemia, lymphoma, MDS and myeloma.

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Parent Grief Support and Networking Group

Tuesday, September 25, 6:30 – 8:00 PM

Facilitator: Pia May, LCSW-C

This group, for parents of children and teens, provides the opportunity for bereaved adults with young families, to focus on their own grieving. Together participants find ways to navigate the complexities of raising children on their own while grieving the loss of their partner.

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The Art of Beading: Wire Wrap Earrings with Large Beads

Thursday, September 27, 1:00 – 2:30 PM

Instructors: Jackie Orsini, Volunteer and Patti Campbell, HopeWell Staff

Beading can help you relax, focus and express yourself. Join Jackie and Patti to make a pair of wire wrap earrings. The earrings will each have one large bead. All materials will be provided but please feel free to bring your own ½ inch (approx.) beads. If you have bead tools, please bring them to class. This class is great for all levels.

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Mindfulness Meditation New Series!

8 Week Course Now Forming to Start Friday, October 19, 10:00 AM – Noon

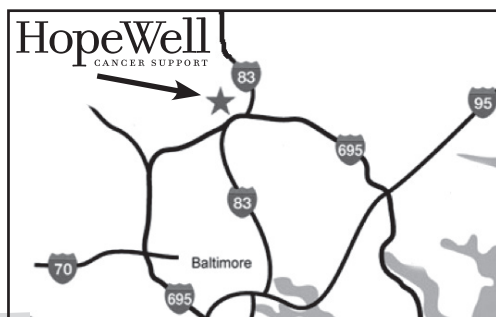
Instructor: Lee Halfpenny, RYT

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. Registration is now open.*

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10628 Falls Road,
Lutherville, MD 21093

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

September 2018

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN SEPTEMBER

HopeWell's programs are always offered at no charge!

Concentration, Relaxation, Meditation

This Month's Theme: Practical Tips and Tools....Continued

**Tuesdays, September 4, 11, 18, 25
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 this month as we pick up where we left off in the exploration of practical tips and tools for managing anxiety, stress and pain using the book, *The Mindfulness Toolbox* by Donald Altman, M.S., LPC, as a resource. We will continue to focus on making the practice of mindfulness accessible in fresh, new ways.

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

Sound Meditation: Two Options in September

A Four Week Morning Group Experience – New Series Starting!

**Wednesdays, September 5, 12, 19, 26
9:30 – 10:30 AM**

A Three Week Evening Group Experience New Series Starting!

**Mondays, September 10, 17, 24
6:30 – 7:30 PM**



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 both the morning series and the evening 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

Now a Drop In Group!

**Wednesdays, September 5, 12, 19, 26
12:30 – 2:00 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.

Healthy Lunch Club – Ask the Dietitian

Thursday, September 6

**Lunch: 12:15 PM
Program:
12:30 – 2:00 PM**

House Calls Speaker: Keri Ryniak, RD, CSO, LDN, CNSC

Please join Keri Ryniak, Board Certified Oncology Dietitian, The Milton J. Dance Jr. Head & Neck

Center at GBMC for an informal Q & A session about all things related to cancer, nutrition and the link between them. This is sure to be a wonderful opportunity to ask your questions of an expert about food choices and nutrition during and after treatment and into survivorship.

Please bring a healthy dish to share.

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Walk with Hope: One Step at a Time Two Weeks left in Current Series

**Mondays, September 10, 17
9:30 – 10:30 AM**



Instructor: Andy Giordano

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? 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 leads our walking group. He includes 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.

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GYN Cancers: Update on Treatment Options and Related Issues

**Wednesday, September 12
6:30 – 8:00 PM**

House Calls Speaker: Stephanie Wethington, MD, MS, MSc



Join Stephanie Wethington, Director, The Susan L. Burgert, MD Gynecologic Oncology Survivorship Program and Assistant Professor of Gynecology and Obstetrics at Johns Hopkins University School of Medicine, for a

comprehensive discussion on GYN cancers and their treatments.