

# NOVEMBER 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 Fall/Winter Programming Note:</b> 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>	<p align="center"><b>HopeWell's Winter Weather Policy</b> HopeWell will follow Baltimore County's public school closure policy for inclement weather. Information can be found at . . . <a href="https://www.bcps.org/status/">https://www.bcps.org/status/</a></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 <i>Assessing Your Functional Level</i> <i>* House Calls Speaker: Bonnie Schulman, PT</i></p>	<p>✓ 10:00 am Mindfulness Meditation (Week 2) ○ 1:00 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone</p>
<p>4 ○ 9:30 am Walk with Hope: One Step at a Time (Week 5) ○ 11:00 am Strength and Tone ✓ 12:15 pm Lunch and Learn – Resume Writing and Other Tips for Success <i>* Guest Speaker: Faye Katz, MBA</i> ✓ 6:30 pm Sound Meditation – <i>New Series Starting!</i> (Week 1) ✓ 7:00 pm Breast Cancer: Ask the Expert <i>* House Calls Speaker: John Fetting, MD</i></p>	<p>5 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting</p>	<p>6 ✓ 9:30 am Sound Meditation (Week 1) ○ 11:00 am Qigong ○ 12:30 pm Art for Healing <i>New 8 Week Group Starting!</i> (Week 1)</p>	<p>7 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class: Texture in Prints for Autumn ○ 7:00 pm Ovarian Cancer Group</p>	<p>8 ✓ 10:00 am Mindfulness Meditation (Week 3) ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra</p>	<p>9 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone</p>	<p>10 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone</p>
<p>11 ✓ 1:00 pm Annual HopeWell Memorial Service</p>	<p>12 ○ 9:30 am Walk with Hope: One Step at a Time (Week 6) ○ 11:00 am Strength and Tone ✓ 6:30 pm Sound Meditation (Week 2)</p>	<p>13 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 3:00 pm Metastatic Breast Cancer Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ○ 7:00 pm Welcome Meeting</p>	<p>14 ✓ 9:30 am Sound Meditation: (Week 2) ○ 10:45 am Qigong <i>NOTE: Change of Time</i> ○ 12:30 pm Art for Healing (Week 2)</p>	<p>15 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Thanksgiving Luncheon and Speaker – Living With Cancer: Resilience During the Holidays and Beyond <i>* Guest Speaker: Pat Fosarelli, MD, D.Min, MA</i> ○ 6:30 pm Pancreatic Cancer Support and Networking Group <i>*With thanks to the Rosenberg Foundation</i></p>	<p>16 ✓ 10:00 am Mindfulness Meditation (Week 4) ○ 1:00 pm Yoga Nidra</p>	<p>17 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone</p>
<p>18 ○ 9:30 am Walk with Hope: One Step at a Time (Week 7) ○ 11:00 am Strength and Tone ✓ 1:00 pm Zentangle® <i>* Guest Instructor: Becky Boynton, CZT</i> ✓ 6:30 pm Sound Meditation (Week 3) ✓ 7:00 pm Breast Cancer Support Group</p>	<p>19 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting</p>	<p>20 ✓ 9:30 am Sound Meditation (Week 3) ○ 11:00 am Qigong ○ 12:30 pm Art for Healing <i>NO GROUP</i>  <b>HopeWell Programs Close at Noon Thanksgiving Holiday</b> <i>No Afternoon or Evening Groups or Classes</i></p>	<p>21 <b>HopeWell Closed Thanksgiving Holiday</b> <i>No Classes or Groups</i></p>	<p>22 <b>HopeWell Closed Thanksgiving Holiday</b> <i>No Classes or Groups</i></p>	<p>23 <b>HopeWell Closed Thanksgiving Holiday</b> <i>No Classes or Groups</i></p>	<p>24 <b>HopeWell Closed Thanksgiving Holiday</b> <i>No Classes or Groups</i></p>
<p>25 ○ 9:30 am Walk with Hope: One Step at a Time (Week 8) ○ 11:00 am Strength and Tone ✓ 12:30 pm Needlework...Craft &amp; Meditation ✓ 6:30 pm Sound Meditation (Week 4) ○ 6:30 pm Brain Tumor Support Group ○ 6:30 pm Lung Cancer Support Group</p>	<p>26 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 3:00 pm Metastatic Breast Cancer Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group ○ 6:30 pm Blood Cancer Group ○ 7:00 pm Welcome Meeting</p>	<p>27 ✓ 9:30 am Sound Meditation (Week 4) ○ 10:45 am Qigong <i>NOTE: Change of Time</i> ○ 12:30 pm Art for Healing (Week 3)</p>	<p>28 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading: Beaded Necklace</p>	<p>29 ✓ 10:00 am Mindfulness Meditation (Week 5) ○ 1:00 pm Yoga Nidra</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](mailto:rsvp@hopewellcancersupport.org).

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

\* **SPEAKER**

Art for Healing (cont'd)

and feelings. Rather than focusing on art as a final outcome, we'll use art as a symbolic language, to stimulate our thought processes and facilitate discussions. Participants will gain greater insights into their needs, strengths and hopes for the future and provide support to each other.

- This is a drop in group with a new project every week.
- Groups will begin with a brief introduction and time to create followed by discussion.
- You do not need to be "good at" art to enjoy and benefit from the group.

### Art Class: Texture in Prints for Autumn

Thursday, November 8, 1:00 – 2:30 PM

Instructor: David Cunningham

Please join visiting artist, David Cunningham, for a class in printmaking. This is a wonderful chance to explore texture and how prints are made and have fun at the same time.

We will use silkscreen ink on plates to create a variety of collagraphic impressions. This experimental process entails the use of rubber brayers, ink, textured materials, paper, and tape.

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

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

### Annual HopeWell Memorial Service

Sunday, November 11, 1:00 – 2:30 PM

Join us as we honor the memory of HopeWell participants and loved ones. All family and friends are welcome. A dessert reception will follow the service.

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

### Metastatic Breast Cancer Support Group – New Time, New Facilitator!

Tuesdays, November 13 and 27  
3:00 – 4:30 PM

Facilitator: Susan Glone, LCPC

This twice a month drop in group, specifically 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.

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

### Thanksgiving Lunch and Speaker

**Living with Cancer: Resilience During the Holidays and Beyond**

Thursday, November 15  
Lunch: 12:15 – 1:00 PM  
Speaker: 1:00 – 2:00 PM

Guest Speaker: Pat Fosarelli, MD, D.Min, MA

The holiday season is considered to be a time of joy, but often it also creates additional stress. People with cancer and their families, already facing challenging circumstances, may find they experience heightened emotions, increased pressure and feelings of anxiety and sadness.

How does one develop the ability to adapt and enjoy the holidays in the face of a serious illness coupled with the other demands of life that are ever present? What role does the concept of resilience play in coping with cancer, not only during the challenges of the holiday season, but all year long?

Please join Dr. Pat Fosarelli, Associate Dean, St. Mary's Ecumenical Institute, who will discuss the importance of resilience in daily living, why it can be a powerful resource and how to cultivate and practice it for improved quality of life. What better gift to yourself as we approach the season of gratitude and giving.

Note: Please bring your favorite covered dish or dessert to share, and plan to have your dish prepared and ready to serve by Noon.

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### Pancreatic Cancer Support and Networking Group

Thursday, November 15, 6:30 – 8:00 PM

Facilitator: Veronica Land-Davis, LCSW-C

This monthly group, specifically 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.*

### Zentangle®

Monday, November 19, 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, a 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.

This workshop is geared towards the first-time participant as well as those with previous experience. New patterns will be presented.

All materials will be provided. If you wear reading glasses, please bring them.

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### Parent Grief Group

Tuesday, November 27, 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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**HopeWell**  
CANCER SUPPORT

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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](http://www.hopewellcancersupport.org)

If you have any questions:

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

### Stay connected to HopeWell!

Facebook.com/HopeWellCancerSupport

Instagram/HopeWellCancerSupport

YouTube/HopeWell Baltimore

# HopeWell Happenings

November 2018

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

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

### Lunch and Learn – Common Sense Physical Therapy

**Assessing Your Functional Level**

Thursday, November 1  
Lunch: 12:15 – 12:30 PM  
Program: 12:30 – 2:00 PM

Instructor: Bonnie Schulman, PT

Today we'll explore the various tests commonly used for assessment of an individual's functional level. We'll also allow time for discussion of factors that may limit a person's ability in performing such tests. Plus, there will be demonstration and opportunity to try some of them.

Please join Bonnie for what is sure to be a lively and enlightening learning experience.

Please wear comfortable clothing. Questions are encouraged.

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

**Fall Series Continues!**

Mondays, November 5, 12, 19, 26  
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 crisp fall 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.

### Lunch and Learn – Seeking Employment After Cancer: Resume Writing and Other Tips For Success

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



Guest Speaker: Faye Katz, MBA, Professional Resume Writer

If and when one is ready to reenter the workforce after a diagnosis of cancer, numerous challenges await, not the least of which is the crafting of

a resume. Needless to say, a resume is a critical tool in job seeking as it is often the first overture and thus, the first impression one makes with a potential employer.

How do you best explain the gaps in your resume due to health issues? What strategies are available to write the best cover letter and resume to highlight your strengths? If you have decided or need to change careers after a cancer diagnosis, how do you tailor your resume for new endeavors?

Please join Faye Katz, Resume Writer, Career Center at Jewish Community Services, Baltimore, MD, to find the answers to these questions and many more having to do with looking for and gaining employment after a cancer diagnosis. Faye has been creating effective resumes for all levels of clients, across all industries for more than 12 years. She specializes in resumes for Executives, New Graduates, Career Changers and Technology Professionals. She holds an M.B.A. from Loyola University with a concentration in Marketing.

A light lunch will be served.

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### Sound Meditation: Two Options in November

**A Four Week Evening Group Experience – New Series Starting!**

Mondays, November 5, 12, 19, 26

6:30 – 7:30 PM

**A Four Week Morning Group Experience –**

**New Series Starting! Wednesdays, November 7, 14, 21, 28  
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 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.

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

### Breast Cancer: Ask the Expert

Monday, November 5, 7:00 – 8:30 PM

House Calls Speaker: John Fetting, MD

Please join Dr. John Fetting, Associate Professor of Oncology and Member, Miller Coulson Academy of Clinical Excellence at Johns Hopkins Hospital, medical oncologist and breast cancer expert, for an informal discussion and dialogue about various aspects of breast cancer. This is a wonderful opportunity to ask your questions and clarify your concerns.

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

### Art for Healing – New 8 Week Group Starting!

Wednesdays, November 7, 14, 28  
(No Group on November 21)  
12:30 – 2:00 PM

Facilitators: Wanda Harrison, LCSW-C and Erin Ohrenschaal, Social Work Intern

In this new 8 week series, we will use a variety of materials to explore our thoughts  
(continued on next page)