

# DECEMBER 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
<h2>Holiday Social</h2> <p>Friday, December 14th, 2:30 – 4:30 PM</p> <p>Celebrate the holiday season with your HopeWell community and please join us in saying a fond farewell to Carole Sharp.</p>		<h2>HopeWell's Winter Weather Policy</h2> <p>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>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone</p>	
<p>2</p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 12:15 pm Thanksgiving Lunch . . . After All! Living With Cancer: Resilience During the Holidays and Beyond * Guest Speaker: Pat Fosarelli, MD, D.Min, MA</p> <p>✓ 6:30 pm Sound Meditation: A Three Week Evening Group Experience – New Series Starting! (Week 1)</p> <p>○ 7:00 pm Breast Cancer Support Group</p>	<p>3</p> <p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 6:00 pm Yoga</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>4</p> <p>✓ 9:30 am Sound Meditation: A Three Week Morning Group Experience – New Series Starting! (Week 1)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Art for Healing – 8 Week Group Continuing! (Week 4)</p>	<p>5</p> <p>○ 9:15 am T'ai Chi</p> <p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 12:15 pm Lunch and Learn – Common Sense Physical Therapy Cancer Rehabilitation: It's Not Where You Start, It's Where You Finish! * House Calls Speaker: Bonnie Schulman, PT</p>	<p>6</p> <p>✓ 10:00 am Mindfulness Meditation (Week 6)</p> <p>✓ 12:30 pm Writing Your Way into 2019: A Writing for Wellness Workshop * Speaker/Facilitator: Michelle Pearce, PhD</p> <p>○ 1:00 pm Yoga Nidra</p>	<p>7</p> <p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone</p>	
<p>9</p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 12:30 pm Look Good...Feel Better</p> <p>✓ 6:30 pm Sound Meditation: A Three Week Evening Group Experience (Week 2)</p>	<p>10</p> <p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 3:00 pm Metastatic Breast Cancer Group</p> <p>○ 6:00 pm Yoga</p> <p>■ 6:30 pm Adult Bereavement Group</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>11</p> <p>✓ 9:30 am Sound Meditation: A Three Week Morning Group Experience (Week 2)</p> <p>○ 10:45 am Qigong *Please note change of start time this day.</p> <p>○ 12:30 pm Art for Healing (Week 5)</p>	<p>12</p> <p>○ 9:15 am T'ai Chi</p> <p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 12:30 pm Needlework...Craft and Meditation</p> <p>○ 7:00 pm Ovarian Cancer Group</p>	<p>13</p> <p>✓ 10:00 am Mindfulness Meditation (Week 7)</p> <p>✓ 11:00 am Coloring the Spaces, Clearing the Mind</p> <p>✓ 1:00 pm Happy, Healthy Holiday Treats: Cooking Demonstration with "Chef Egg" * Guest Instructor: Erik Berlin</p> <p>○ 1:00 pm Yoga Nidra</p> <p>✓ 2:30 pm Holiday Social</p>	<p>14</p> <p>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone</p>	
<p>16</p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 12:30 pm Therapeutic Yoga Workshop With a Mindful Meditation * Guest Instructor: Amy Nusbaum, RN, RYT</p> <p>✓ 6:30 pm Sound Meditation: A Three Week Evening Group Experience (Week 3)</p> <p>○ 7:00 pm Breast Cancer Support Group</p>	<p>17</p> <p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 3:00 pm Zentangle® * Guest Instructor: Becky Boynton, CZT</p> <p>○ 6:00 pm Yoga</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>18</p> <p>✓ 9:30 am Sound Meditation: A Three Week Morning Group Experience (Week 3)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Art for Healing (Week 6)</p>	<p>19</p> <p>○ 9:15 am T'ai Chi</p> <p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 1:00 pm Art Class: Polymer Clay and Bead Making</p> <p>○ 6:30 pm Pancreatic Cancer Support and Networking Group * With thanks to the Rosenberg Foundation</p>	<p>20</p> <p>✓ 10:00 am Mindfulness Meditation (Week 8)</p> <p>○ 1:00 pm Yoga Nidra</p>	<p>21</p> <p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone</p>	
<p>23</p> <p>HopeWell will reopen with regularly scheduled programs on January 2nd</p> <p>30</p>	<p>24</p> <p>HopeWell Closed Holiday Season</p> <p>No Classes or Groups</p> <p>31</p>	<p>25</p> <p>HopeWell Closed Holiday Season</p> <p>No Classes or Groups</p>	<p>26</p> <p>HopeWell Closed Holiday Season</p> <p>No Classes or Groups</p>	<p>27</p> <p>HopeWell Closed Holiday Season</p> <p>No Classes or Groups</p>	<p>28</p> <p>HopeWell Closed Holiday Season</p> <p>No Classes or Groups</p>	<p>29</p> <p>HopeWell Closed Holiday Season</p> <p>No Classes or Groups</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**

have participated in previous "Writing for Wellness" Workshops. (For those who attended "Writing Your Way Into 2018" last year, please know that the prompts will be the same. However, your perspective may change as you approach a brand new year.)

rsvp@hopewellcancersupport.org and specify which program(s) you would like to attend.

### Look Good...Feel Better

Monday, December 10, 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.

rsvp@hopewellcancersupport.org and specify which program(s) you would like to attend.

### Happy, Healthy Holiday Treats: Cooking Demonstration with "Chef Egg"



Friday, December 14  
Demonstration: 1:00 – 2:30 PM

Guest Instructor: Erik Berlin, Chef

Must holiday treats be high in calories and loaded with fats and carbs? Not so if you ask Chef Egg! Please join the chef for a holiday themed cooking demonstration. He will prepare nutritious recipes for the season, both sweet and savory, using healthy ingredients and techniques. Learn ways to substitute so as to cut down on fats, carbs, etc. This is all about preparing healthy, tasty, fun food in the spirit of the holidays, that's also good for serving guests.

Please join us for a holiday social after the presentation.

rsvp@hopewellcancersupport.org and specify which program(s) you would like to attend.

### Holiday Social!

Friday, December 14, 2:30 – 4:30 PM

Celebrate the holiday season with your HopeWell community. This will be a wonderful time to socialize and enjoy lite treats together in our cozy and warm setting. And please join us in saying a fond farewell to Carole Sharp.

rsvp@hopewellcancersupport.org and specify which program(s) you would like to attend.

### Therapeutic Yoga Workshop with a Mindful Meditation

Monday, December 17, 12:30 – 1:30 PM

Guest 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.

rsvp@hopewellcancersupport.org and specify which program(s) you would like to attend.

### Zentangle®

Tuesday, December 18, 3:00 – 4:30 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. Options for our designs will include the traditional tiles plus gift tags and ornaments.

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

rsvp@hopewellcancersupport.org and specify which program(s) you would like to attend.

### Art Class: Polymer Clay and Bead Making

Thursday, December 20, 1:00 – 2:30 PM

Instructor: David Cunningham

Today, we will introduce a mixture of forms and ways to create your own series of polymer beads. We will explore a variety of methods of compressing and mixing the clay into personal forms for the use of bracelet charms. This is a special holiday type of art experience.

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

rsvp@hopewellcancersupport.org and specify which program(s) you would like to attend.

### Pancreatic Cancer Support and Networking Group

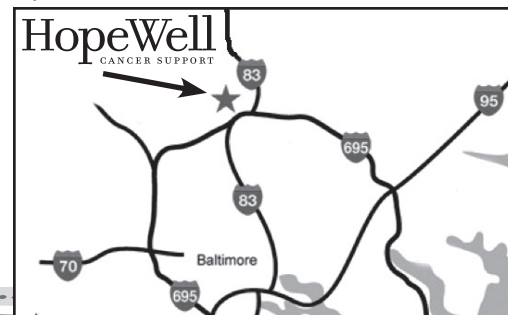
Thursday, December 20, 6:30 – 8:00 PM

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.



# HopeWell Happenings

## December 2018

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

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

### Thanksgiving Lunch . . . After All!

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

Monday, December 3  
Lunch: 12:15 – 12:45 PM  
Program: 12:45 – 2:00 PM

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

P.S. We'll have turkey sandwiches, pumpkin pie and more!

rsvp@hopewellcancersupport.org and specify which program(s) you would like to attend.

### Sound Meditation: Two Options in December

**A Three Week Evening Group Experience**  
*New Series Starting!*  
Mondays, December 3, 10, 17  
(No Group on 12/24) 6:30 – 7:30 PM

**A Three Week Morning Group Experience**  
*New Series Starting!*  
Wednesdays, December 5, 12, 19  
(No Group on 12/26) 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 or 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 and specify which program(s) you would like to attend.

### Concentration, Relaxation, Meditation

*This Month's Theme: Review and Practice*

Tuesdays, December 4, 11, 18  
(No Class on 12/25) 12:00 – 12:45 PM

Instructors: Jeanne Deignan-Kosmides and Jana Long

As we come to the end of 2018, this month we will review and practice some of the meditation techniques we've explored throughout the year....visualization, the elements and energy and meditation practices focusing on breath, relaxation, self-awareness and contemplation.

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

### Art for Healing

*New 8 Week Group Continuing!*

Wednesdays, December 5, 12, 19  
(No Group on 12/26) 12:30 – 2:00 PM

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

In this series, we will use a variety of materials to explore our thoughts 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.

### Lunch and Learn – Common Sense Physical Therapy

*Cancer Rehabilitation: It's Not Where You Start, It's Where You Finish!*

Thursday, December 6  
Lunch: 12:15 – 12:30 PM  
Program: 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

How can you maintain the highest level of function for optimum quality of life? Please join Bonnie to discover the answer to this question and more in this lively and interactive program. As always, Bonnie will include demonstration and experiential exercises in this enlightening learning experience.

Note: Please wear comfortable clothing.

rsvp@hopewellcancersupport.org and specify which program(s) you would like to attend.

### Writing Your Way Into 2019: A Writing for Wellness Workshop

Friday, December 7, 12:30 – 2:30 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 find your way to wholeness.

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. As thoughts turn towards the new year ahead, this particular workshop will focus on the kind of year and kind of person you'd like to be in 2019 through writing.

This workshop is geared towards the first-time participant as well as those who

(continued on next page)



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

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