

FEBRUARY 2019

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 align="center">HopeWell's Winter Weather Policy</p> <p align="center">HopeWell will follow the Baltimore County Public School's cancellation policy for inclement weather.</p> <p align="center">(If schools are closed for the day, there will be no day OR evening classes/groups. If there is a two-hour delay, then HopeWell will open at 11:00 am.)</p> <p align="center">Information can be found online at https://www.bcps.org/status/ or by calling the BCPS status information line at 443.809.5555 or on the radio and television.</p>						<p align="center">1</p> <ul style="list-style-type: none"> ○ 1:00 pm Yoga Nidra <i>(NO CLASS this week)</i> 	<p align="center">2</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone
<p align="center">3</p> <ul style="list-style-type: none"> ○ 11:00 am Strength and Tone ✓ 1:00 pm Zentangle® <i>* Guest Instructor: Becky Boynton, CZT</i> ○ 6:30 pm Sound Meditation Evening Group <i>(no group)</i> ○ 7:00 pm Breast Cancer Support Group 	<p align="center">4</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting 	<p align="center">5</p> <ul style="list-style-type: none"> ○ 9:30 am Sound Meditation Morning Group <i>(no group)</i> ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images <i>(NO CLASSES this month)</i> 	<p align="center">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 align="center">7</p> <ul style="list-style-type: none"> ✓ 10:00 am Stress Reduction Through Mindfulness – <i>New Series Starting!</i> (Week 1) ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra <i>(NO CLASS this week)</i> 	<p align="center">8</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone 		
<p align="center">10</p> <ul style="list-style-type: none"> ○ 11:00 am Strength and Tone ○ 6:30 pm Sound Meditation Evening Group 	<p align="center">11</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 3:00 pm Metastatic Breast Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ○ 7:00 pm Welcome Meeting 	<p align="center">12</p> <ul style="list-style-type: none"> ○ 9:30 am Sound Meditation Morning Group ○ 10:45 am Qigong <i>(Please note time change this date)</i> ○ 12:30 pm Creating Healing Images <i>(NO CLASSES this month)</i> 	<p align="center">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 ✓ 1:00 pm Line Dancing ○ 7:00 pm Ovarian Cancer Group 	<p align="center">14</p> <ul style="list-style-type: none"> ✓ 10:00 am Stress Reduction Through Mindfulness (Week 2) ○ 1:00 pm Yoga Nidra 	<p align="center">15</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone 		
<p align="center">17</p> <p align="center">HopeWell Closed Presidents' Day</p> <p align="center"><i>No Daytime Classes or Groups</i></p> <ul style="list-style-type: none"> ○ 6:30 pm Sound Meditation Evening Group <i>(no group)</i> ○ 7:00 pm Breast Cancer Support Group 	<p align="center">18</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting 	<p align="center">19</p> <ul style="list-style-type: none"> ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong ○ 12:30 pm Creating Healing Images <i>(NO CLASSES this month)</i> 	<p align="center">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: Paper Craft Lantern Making ○ 6:30 pm Pancreatic Cancer Support Group <i>* With thanks to the Rosenberg Foundation</i> 	<p align="center">21</p> <ul style="list-style-type: none"> ✓ 10:00 am Stress Reduction Through Mindfulness (Week 3) ○ 1:00 pm Yoga Nidra 	<p align="center">22</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone 		
<p align="center">24</p> <ul style="list-style-type: none"> ○ 11:00 am Strength and Tone ✓ 12:30 pm Needlework...Craft and Meditation ○ 6:30 pm Brain Tumor Support Group ○ 6:30 pm Lung Cancer Support Group ○ 6:30 pm Sound Meditation Evening Group 	<p align="center">25</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 3:00 pm Metastatic Breast Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group ✓ 6:30 pm Blood Cancer Group – <i>* Guest Speaker: Jean Yared, MD</i> ○ 7:00 pm Welcome Meeting 	<p align="center">26</p> <ul style="list-style-type: none"> ○ 9:30 am Sound Meditation Morning Group ○ 10:45 am Qigong <i>(Please note time change this date)</i> ○ 12:30 pm Creating Healing Images <i>(NO CLASSES this month)</i> 	<p align="center">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: Bead Soup Necklace ✓ 7:00 pm Ovarian Cancer Group – Update on Treatment Options and Related Issues <i>* House Calls Speaker: Armando Sardi, MD, FACS, Medical Director, The Institute for Cancer Care at Mercy</i> 	<p align="center">28</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**

HopeWell Happenings

February 2019

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN FEBRUARY

HopeWell's programs are always offered at no charge!

Art Class: Paper Craft Lantern Making

Thursday, February 21, 1:00 – 2:30 PM

Instructor: David Cunningham

February's project will involve a unique process with cut paper, glue, tissue paper, wire and votive candles.

Please join us as we engage in making beautiful paper lanterns to give warmth to our soul scape.

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

Pancreatic Cancer Support and Networking Group

Thursday, February 21, 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.

Needlework...Craft and Meditation

Monday, February 25, 12:30 – 2:00 PM

Facilitator: Wanda Harrison, LCSW-C

Knitting, crocheting and needlepoint . . . all are rewarding in and of themselves; when you've finished, you have a tangible result. But there are other benefits as well:

- The repetitive motion of needlework can induce a relaxation response similar to that of meditation or yoga.
- It can help you focus.
- Doing needlework with others in a group is another opportunity to find and give support.

- It is a nice way to socialize and share your skill with others.

Bring your current projects, if you're working on something. If this craft is new to you, there will be others who can help you get started.

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

Blood Cancer Support and Networking Group*

Latest Blood Cancer Research & Treatment Findings from ASH®

Tuesday, February 26, 6:30 – 8:00 PM

House Calls Speaker: Jean Yared, MD

Please join The Leukemia & Lymphoma Society and HopeWell Cancer Support as we welcome guest speaker Jean Yared, MD, Associate Professor of Medicine at University of Maryland Marlene & Stewart Greenebaum Comprehensive Cancer Center. Dr. Yared will provide an update on the latest findings in blood cancer research and treatment from the American Society of Hematology annual meeting that was held in December for hematologists/oncologists.

There will be ample opportunity for questions.

**This activity is not sponsored by the American Society of Hematology.*

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

The Art of Beading: Bead Soup Necklace

Thursday, February 28, 1:00 – 2:30 PM

Instructor: Patti Campbell, HopeWell Staff

Beading can help you to relax, focus and express yourself. Join Patti to make a "bead soup necklace." We have a large bowl of assorted colorful beads mixed together, and will give everyone a scoopful to string. You can wear this bead soup necklace with others you have made in previous "bead soup" classes. All materials will be provided. If you have beading tools, please bring them to class. This class is great for all levels; no experience necessary.

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

Ovarian Cancer Support Group – Update on Treatment Options and Related Issues

Thursday, February 28, 7:00 – 8:30 PM



House Calls Speaker:
Armando Sardi, MD, FACS,
Medical Director, The
Institute for Cancer Care
at Mercy

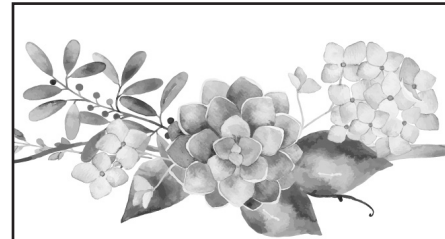
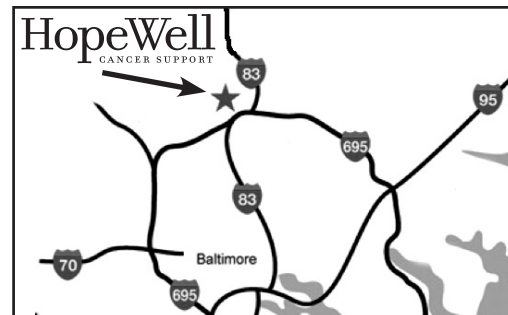
Please join us as we welcome Armando Sardi, M.D., FACS, for a comprehensive discussion

on ovarian cancers and their treatments. Dr. Sardi serves as Medical Director of The Institute for Cancer Care at Mercy and as Chief of Division of Surgical Oncology at Mercy Medical Center in Downtown Baltimore. He is also a National Cancer Institute Clinical Investigator and is committed to conducting vital research leading to breakthroughs in the aggressive management of complex cancers.

Dr. Sardi is one of Maryland's leading surgical oncologists using Hyperthermic Intraperitoneal Chemotherapy (HIPEC) to treat late stage, complex cancers of the abdominal region. He has been performing HIPEC procedures since 1994 and is considered to be among the most experienced doctors using the technique. Dr. Sardi has also earned an international reputation for advances made in the surgical oncology field and for his humanitarian efforts to care for the poor and underserved in third world countries.

There will be ample opportunity for questions.

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



Creating Healing Images is going into hibernation for the winter and will not be held in February or March.

Please check back in the spring to see what may be blooming in its place.

Zentangle®

Monday, February 4, 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. "Tangling" is calming, reduces stress, improves focus and can build self-confidence. Think you can't 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.

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

Healthy Lunch Club – Ask the Dietitian

Thursday, February 7

Lunch: 12:15 PM

Program: 12:30 – 2:00 PM



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

Please join Keri Ryniak, RD, CSO, LDN, CNSC, 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.

HopeWell will provide a light lunch. No need to bring anything.

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

Stress Reduction through Mindfulness*

New 8 week Program!

Fridays, February 8, 15, 22

10:00 AM – 12:00 PM

Instructor: Lee Halfpenny, RYT

This class presents meditation, breath work and yoga as critical skills for managing life's challenges. These practices enable participants to:

- Be present.
- Control stress.
- Cultivate a meditation practice.

**We need a minimum of 12 people signed up in advance to hold this class. Please rsvp@hopewellcancersupport.org by Friday, February 1st to express your interest. Once we have reached our minimum number of attendees, we will email you a program confirmation.*

Coloring the Spaces, Clearing the Mind

Friday, February 8, 11:00 AM – 12:30 PM

Facilitator: Patti Campbell, HopeWell Staff

Research has shown that coloring can be relaxing and help focus the mind. Join the coloring group to discover the benefit for yourself. We'll set a peaceful tone with soft music in the background, briefly discuss the value of coloring and then...we'll color.

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

Sound Meditation:

Now a Drop-In Group!

Monday Evenings, February 11, 25

(NO class on 2/4 or 2/18) 6:30 – 7:30 PM

Wednesday Mornings, February 13, 20, 27

(NO class on 2/6) 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/mats or seated in chairs. By the end of a "sound bath" many 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.

There will also be time to explore and deepen the experience through group sharing and support.

Line Dancing!

Thursday, February 14, 1:00 – 2:00 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 are welcome.

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

HopeWell
CANCER SUPPORT

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

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.

If you have any questions about how HopeWell can help:

Please email us at cancerhelp@hopewellcancersupport.org and we will get back to you.

If you would like to RSVP to a group or class offering:

Please email us at rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.