

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Have you noticed anything different lately?</p> <p>In the first <u>three months</u> of 2019, HopeWell welcomed 121 new members into our community! We are thrilled that people are learning about us, and we are working hard to devise fair and equitable ways that all participants can safely enjoy our programs.</p>			<p>○ 9:30 am Sound Meditation <b>Morning Group</b></p> <p>○ 11:00 am Qigong</p> <p>Wednesday Workday</p>	<p>○ 9:15 am T'ai Chi <i>with Paul Jakubowski for the Spring &amp; Summer!</i></p> <p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 12:15 pm Munch and Learn – Common Sense Physical Therapy Bone Health: Fact vs. Fiction <i>* House Calls Speaker: Bonnie Schulman, PT</i></p>	<p>✓ 10:00 am Stress Reduction Through Mindfulness <b>New Series!</b> (Week 1)</p> <p>○ 1:00 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone</p>
<p>○ 11:00 am Strength and Tone</p> <p>✓ 1:00 pm Zentangle®</p> <p>○ 6:30 pm Sound Meditation <b>Evening Group</b></p> <p>○ 7:00 pm Breast Cancer Support Group</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Relaxation and Meditation</p> <p>○ 2:45 pm Art and Healing</p> <p>○ 6:00 pm Yoga</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>○ 9:30 am Sound Meditation <b>Morning Group</b></p> <p>○ 11:00 am Qigong</p> <p>Wednesday Workday</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 Healthy Lunch Club – Fun with Cookbooks, Part II <i>* Facilitator: Patti Campbell, HopeWell Staff</i></p> <p>○ 7:00 pm Ovarian Cancer Group</p>	<p>✓ 10:00 am Stress Reduction Through Mindfulness (Week 2)</p> <p>✓ 11:00 am Coloring the Spaces, Clearing the Mind</p> <p>○ 1:00 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone</p>	
<p>○ 11:00 am Strength and Tone</p> <p>✓ 12:30 pm Put Your Best Face Forward – <b>New Workshop!</b> <i>* Guest Instructor: Michelle Ward, Licensed Cosmetologist</i></p> <p>○ 6:30 pm Sound Meditation <b>Evening Group</b></p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Relaxation and Meditation</p> <p>○ 3:00 pm Metastatic Breast Cancer Support Group</p> <p>○ 6:00 pm Yoga</p> <p>■ 6:30 pm Adult Bereavement Group</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>○ 9:30 am Sound Meditation <b>Morning Group</b></p> <p>○ 11:00 am Qigong</p> <p>Wednesday Workday</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: The Glimmerscape of Self-Silhouettes</p> <p>○ 6:30 pm Pancreatic Cancer Support Group <i>* With thanks to the Rosenberg Foundation</i></p>	<p>✓ 10:00 am Stress Reduction Through Mindfulness (Week 3)</p> <p>○ 1:00 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone</p>	
<p>○ 11:00 am Strength and Tone <b>CANCELLED!</b></p> <p>○ 6:30 pm Sound Meditation <b>Evening Group</b></p> <p>○ 7:00 pm Breast Cancer Support Group</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Relaxation and Meditation</p> <p>○ 2:45 pm Art and Healing</p> <p>○ 6:00 pm Yoga</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>○ 9:30 am Sound Meditation <b>Morning Group</b></p> <p>○ 11:00 am Qigong</p> <p>Wednesday Workday</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 The Art of Beading: Bead Soup Necklace</p> <p>○ 7:00 pm Ovarian Cancer Group</p>	<p>✓ 10:00 am Stress Reduction Through Mindfulness (Week 4)</p> <p>○ 1:00 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone <b>CANCELLED!</b></p>	
<p>HopeWell Closed Memorial Day <i>No Daytime or Evening Classes or Groups</i></p>		<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Relaxation and Meditation</p> <p>○ 3:00 pm Metastatic Breast Cancer Support Group</p> <p>○ 6:00 pm Yoga</p> <p>■ 6:30 pm Adult Bereavement Group</p> <p>✓ 6:30 pm Parent Grief Group</p> <p>○ 6:30 pm Blood Cancer Group</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>○ 9:30 am Sound Meditation <b>Morning Group</b></p> <p>○ 11:00 am Qigong</p> <p>Wednesday Workday</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>✓ 10:00 am Stress Reduction Through Mindfulness (Week 5)</p> <p>○ 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**

## Healthy Lunch Club\* – Fun With Cookbooks

### Part Two: Diving Deeper

Thursday, May 9

Lunch: 12:15 PM

Program: 12:30 – 2:00 PM

Facilitator: Patti Campbell, HopeWell Staff

Please join us as we continue the conversation about our favorite recipes and the memories, experiences and feelings related to our food traditions. We got so caught up in sharing during our April program that we ran out of time! Whether or not you are a cook, and even if you missed our first fun and informative session, this is a chance to get to know fellow participants while learning about the significance of cooking rituals. Bring your favorite cookbook if you wish, or just join us to share your experiences. You may use your cellphone to take photos of the cookbooks and recipes you like.

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

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

## Coloring the Spaces, Clearing the Mind

Friday, May 10, 11:00 AM – 12:30 PM

Instructor: Patti Campbell, HopeWell Staff

Research has shown that coloring can be relaxing and help focus your mind; participants have shared the following benefits of this group:

- “It’s hard to take time for myself, but when I come to my coloring group, I’m setting aside time that’s just for me.”
- “Focusing on my coloring slows down my breathing and makes me feel calmer.”
- “Sitting and coloring quietly with others gives me the space to let my thoughts flow freely in a way that doesn’t happen during my day-to-day life.”

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



## Put Your Best Face Forward – New Workshop!

Monday, May 13  
12:30 – 2:30 PM

Guest Instructor:  
Michelle Ward

**Please Note: Class is limited to 10 participants.**

Bring your favorite cosmetics and join us for an interactive demonstration with licensed cosmetologist Michelle Ward. Michelle has over 24 years’ experience in cosmetology and over seven years’ experience working with cancer patients. She will share tips on the best way to apply your make-up to address your unique needs, as well as assistance with any appearance-related side effects resulting from treatment. In addition to advice on skin care, hair and scalp issues, she will provide guidance on selecting wigs and head coverings.

Program participants should bring what you have of the following (NO cosmetics will be provided):

- Foundation and/ or powder
- Concealer
- Blush
- Eyebrow pencil
- Eyeshadows
- Eyeliner
- Mascara
- Lip liner/lip stick

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

## Art Class: The Glimmerscape of Self-Silhouettes

Thursday, May 16, 1:00 – 2:30 PM

Instructor: David Cunningham

Join us for a special project designing silhouettes on paper. We will first use direct lighting to create silhouette portraits. Each artist will then be able to accent and enhance their work using such modalities as collage, oil crayon, paint, or colored pencil.

All materials will be supplied. No experience necessary.

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

## Pancreatic Cancer Support and Networking Group

Thursday, May 16, 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. Join us for inspiration, information and support. Adult family members are also welcome.

*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.*

## The Art of Beading: Bead Soup Necklace

Thursday, May 23, 1:00 – 3:00 PM

Instructors: Patti Campbell, HopeWell Staff

**Please Note: Class is limited to 20 participants.**

Beading can help you relax, focus and express yourself. It has also been beneficial to those dealing with neuropathy and similar conditions. In May we will make “bead soup” necklaces, using a scoopful from our large bowl of colorful assorted beads. Each is unique and allows you to convey your creativity. All materials will be provided. If you have beading tools, please bring them to class. No experience necessary.

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

# HopeWell Happenings

May 2019

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

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



## Wednesdays are Workdays at HopeWell.

Our administrative office will be in quiet mode, and our program schedule kept at a minimum, while we focus on ensuring the future success of HopeWell!

## Sound Meditation – Two Drop-In Groups!

### Wednesday Mornings

May 1, 8, 15, 22, 29, 9:30 – 10:30 AM

### Monday Evenings (NO CLASS May 27)

May 6, 13, 20, 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/mats or sit on chairs. By the end, many experience deep relaxation and a sense of increased resilience and well-being. Time is allowed to explore and deepen the experience through group sharing and support.

## Qigong

Wednesdays, May 1, 8, 15, 22, 29

11:00 AM – 12:00 PM

Instructor: Michele Tsonis, CMT, Group Fitness Instructor

Michele has over 30 years’ experience, and teaches Qigong at several well-known establishments in the Baltimore area. She focuses on stress reduction, stretching and strengthening, with moving meditation to help link body, mind and breath. The class incorporates music to enhance the experience, and helps restore your “chi” or personal energy. Michele is excited to share this art with the HopeWell community.

## Munch and Learn\* – Common Sense Physical Therapy

### Bone Health: Fact vs. Fiction

Thursday, May 2

Social Time: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

Bones play many roles in the body — providing structure, protecting organs, anchoring muscles, and storing calcium. While it’s important to build strong and healthy bones when young, you can take steps during adulthood to protect bone health, too. This month, Bonnie will discuss how to enhance the health of your bones. As always there will be demonstration and experiential exercises. Note: Please wear comfortable clothing and come prepared to move around.

\* Light snacks will be provided. You are welcome to bring your own bag lunch.

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

## Stress Reduction through Mindfulness –

### New Six Week Series!

Fridays, May 3, 10, 17, 24, 31  
10:00 AM – 12:00 PM

Instructor: Lee Halfpenny, RYT

Research has shown that developing a practice of mindfulness may lead to significant improvement in managing feelings of anger, anxiety and depression — as well as other physical and psychological stress symptoms — for those with a variety of cancer diagnoses.

This series of classes presents meditation, breath work and yoga as critical skills for managing life’s challenges.

For full benefit, it is best to attend all 6 classes.

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

## Zentangle®

Monday, May 6, 1:00 – 2:30 PM

Guest Instructor: Becky Boynton, CZT

Zentangle is a simple, relaxing and fun way to create beautiful abstract designs by drawing structured patterns. Join Becky, a Certified Zentangle Teacher, to learn this step by step method to create something unexpected. Geared toward both the first-time participant and those with previous experience; “Tangling” is calming, reduces stress, improves focus and can build self-confidence.

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

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

## Art and Healing – Program Returns!

Tuesday, May 7 and 21, 2:45 – 4:15 PM

Instructor: Danielle Eichner, MA, ATR-BC, LCPC, LCPAT

Danielle comes to HopeWell with a strong background in providing art therapy; most particularly to those in hematology and oncology programs. A survivor of pediatric cancer, she has a unique perspective to share with our community.

The process of creating art is inherently therapeutic, making it an excellent tool for self-care and coping. In this group, we will utilize art therapy to allow you the opportunity to benefit from creative freedom and discover new ways of healing. This class provides a supportive space in which you can explore a wide variety of art supplies to visually express feelings and reflect on experiences.

**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.