

# SEPTEMBER 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
1	2 HopeWell Closed <b>Labor Day Holiday</b> No Daytime or Evening Classes or Groups	3 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 2:45 pm Art and Healing ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting	4 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong	5 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Munch and Learn – "Fall Back" with Chef Egg * House Call Speaker: Erik Berlin, Chef	6 ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra	7 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone
8 ○ 11:00 am Strength and Tone ✓ 6:30 pm GYN Cancers: Update on Treatment Options and Related Issues * House Calls Speaker: Stephanie Wethington, MD, Msc ○ 6:30 pm Sound Meditation Evening Group	9 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 3:00 pm Metastatic Breast Cancer Support Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ○ 7:00 pm Welcome Meeting	10 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 3:00 pm Metastatic Breast Cancer Support Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ○ 7:00 pm Welcome Meeting	11 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong	12 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:30 pm Common Sense Physical Therapy: (NEW Start Time) I've Fallen and I Can't Get Up: The Who, What, Where, When and How of Falling * House Calls Speaker: Bonnie Schulman, PT ○ 7:00 pm Ovarian Cancer Group	13 ✓ 11:00 am Line Dancing ○ 1:00 pm Yoga Nidra	14 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone
15 ○ 11:00 am Strength and Tone ✓ 12:30 pm Put Your Best Face Forward – New Workshop! * Guest Instructor: Michelle Ward, Licensed Cosmetologist ○ 6:30 pm Sound Meditation Evening Group ○ 7:00 pm Breast Cancer Support Group	16 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 2:45 pm Art and Healing ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting	17 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 2:45 pm Art and Healing ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting	18 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong	19 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class: Printmaking: Gesture into Print ○ 6:30 pm Pancreatic Cancer Support Group * With thanks to the Rosenberg Foundation	20 ○ 1:00 pm Yoga Nidra (In the House)	21 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone ✓ 12:00 pm Kids Circle
22 ○ 11:00 am Strength and Tone ○ 12:30 pm Needlework . . . Craft and Meditation ○ 6:30 pm Lung Cancer Support ✓ 6:30 pm Brain Tumor Support - Speaker! * House Calls Speaker: Graeme F. Woodworth, MD, FACS ○ 6:30 pm Sound Meditation Evening Group	23 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 3:00 pm Metastatic Breast Cancer Support Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group ✓ 6:30 pm Blood Cancer Group - Speaker! * House Calls Speaker: Nancy Corbett, BSN, RN, OCN, CRNI ○ 7:00 pm Welcome Meeting	24 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 3:00 pm Metastatic Breast Cancer Support Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group ✓ 6:30 pm Blood Cancer Group - Speaker! * House Calls Speaker: Nancy Corbett, BSN, RN, OCN, CRNI ○ 7:00 pm Welcome Meeting	25 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong	26 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading ○ 7:00 pm Ovarian Cancer Group	27 ○ 1:00 pm Yoga Nidra	28 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone
29 ○ 11:00 am Strength and Tone ○ 6:30 pm Sound Meditation Evening Group	30	<p><b>Looking for more support?</b></p> <p>Meet others who <b>truly</b> understand what you're going through. Whether you're a person living with cancer, or a person supporting someone with cancer, HopeWell has a weekly support group for you. Facilitated by licensed clinicians, each group offers either a daytime or evening option to fit your schedule. See a member of the program staff for details.</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**

# HopeWell Happenings

SEPTEMBER 2019

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN SEPTEMBER

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

## Put Your Best Face Forward

Monday, September 16, 12:30 – 2:30 PM

Guest Instructor: Michelle Ward

**Please Note: Class is limited to 12 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 provide 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.

Please 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/lipstick

**RSVP@hopewellcancersupport.org** (please specify which program(s) you wish to attend).

## Art Class: Printmaking: Gesture into Print

Thursday, September 19, 1:00 – 2:30 PM

Instructor: David Cunningham

In September we will print from Mylar onto art paper with silkscreen ink. Our hands will be our tools for creating a gesture onto the Mylar. This is a powerful form of expression, which has a lot of possibilities open for your interpretation. Our format will be one-of-a-kind monoprints. In addition, we will use tempera paint sticks to add color to our proofing prior to our Gesture prints. This is a wonderful and engaging process for those open to experimentation, movement, color and chance. No experience needed.

**Please bring neoprene or vinyl gloves to assist in our work.**

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

## Pancreatic Cancer Support and Networking Group

Thursday, September 19, 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.*

## Needlework . . . Craft and Meditation

Monday, September 23, 12:30 – 2:00 PM

Facilitator: Wanda Harrison, LCSW-C

Knitting, crocheting and needlepoint are rewarding in themselves; providing a tangible result. In addition, the repetitive motion can both improve focus and induce a relaxation response similar to that of meditation.

This group provides an opportunity to find and give support, as well as to socialize and share your skills. Bring your current projects, or – if you are new to the craft – come learn from others who can help you get started.

## Brain Tumor Support Group – Update on Treatment Options and Related Issues

Monday, September 23, 6:30 – 8:00 PM



**House Calls Speaker: Graeme F. Woodworth, MD, FACS, University of Maryland Medical Center and the University of Maryland Greenebaum Cancer Center**

Please join us as we welcome Dr. Graeme Woodworth for a

comprehensive discussion about the most recent research on brain tumors and options for their treatment. There will be ample opportunity for questions.

Dr. Woodworth serves as director of the Brain Tumor Treatment and Research Center at the

University of Maryland Medical Center, and is an active member of the UM Greenebaum Cancer Center. He provides leadership and surgical care within a multidisciplinary team of specialists treating brain tumor patients and developing new brain tumor treatments, and also has a special interest in benign and malignant tumors of the brain and spine.

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

## Blood Cancer Support and Networking Group

### Blood Cancer Awareness Month: On Survivorship

Tuesday, September 24, 6:30 – 8:00 PM



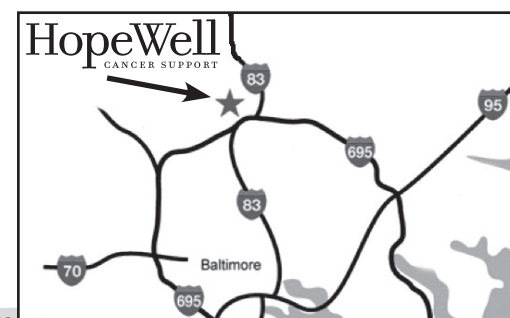
**House Calls Speaker: Nancy Corbitt, BSN, RN, OCN, CRNI**

This month we are pleased to welcome Nancy Corbitt, a Survivorship Nurse Navigator and Senior Clinical Nurse II with the University of Maryland Marlene & Stewart

Greenebaum Cancer Center. She will discuss living well in blood cancer survivorship and information about trends in survivorship; including treatment summaries, survivorship plans and communication with primary care physicians. We will also hear experiences from some blood cancer survivors. Please join to share your own story of survivorship and connect with others impacted by blood cancer. The group is co-sponsored by The Leukemia & Lymphoma Society and HopeWell Cancer Support, and welcomes all patients and families who have been touched by leukemia, lymphoma, MDS and myeloma.

A light dinner will be provided by The Leukemia & Lymphoma Society.

**RSVP@hopewellcancersupport.org** and specify which program(s) you wish 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](mailto: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](mailto:rsvp@hopewellcancersupport.org) and specify which program(s) you wish to attend.

## Art and Healing

Tuesday, September 3 and 17  
2:45 – 4:15 PM

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

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.

## Qigong

Wednesdays, September 4, 11, 18, 25  
11:00 AM – 12:00 PM

Instructor: Michele Tsonis, CMT, Group Fitness Instructor

Qigong practice involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and a calm meditative state of mind. Michele 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.

## Healthy Lunch Club\* – "Fall Back" with Chef Egg

Thursday, September 5  
Lunch: 12:15 PM  
Program: 12:30 – 2:00 PM

Guest Instructor: Erik Berlin

As we transition to autumn, we yearn for food with different tastes and textures. Join Chef Egg for a lively cooking demonstration making the most of readily available seasonal produce. He will share new recipes and explain how to prepare nutritious, delicious and economical dishes that are inspired by the change in the season and sure to please the palate.

Chef Egg's mission is to free everyone from a boxed, frozen and fast food prison by teaching you how to really get cooking! He'll

not only show you a recipe, but also give you what you need to claim your culinary independence. From the market to the table, you'll learn the basics of how to prepare, cook and serve simple and tasty meals.

\* *HopeWell will provide a light lunch and there will be samples from the presentation. No need to bring anything.*

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

## Coloring the Spaces, Clearing the Mind

Friday, September 6, 11:00 AM – 12:30 PM  
(Please note date change)

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.

## GYN Cancers: Update on Treatment Options and Related Issues

Monday, September 9, 6:30 – 8:00 PM



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

Dr. Wethington is the Director of The Susan L. Burgert, MD Gynecologic Oncology Survivorship Program and Assistant Professor of Gynecology and Obstetrics at Johns Hopkins University School of Medicine. She graduated from Columbia University College of Physicians

and Surgeons and completed a fellowship in Gynecologic Oncology at Memorial Sloan-Kettering in New York. Dr. Wethington is a board certified Gynecologic Oncologist and has a special interest in cancer survivorship.

Please join us as we welcome her for a comprehensive discussion on GYN cancers, the latest research and the most up-to-date treatments. There will be ample opportunity for questions.

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

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

(NEW Start Time)

### I've Fallen and I Can't Get Up: The Who, What, Where, When and How of Falling

Thursday, September 12  
Social Time: 12:30 – 12:45 PM  
Program: 12:45 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

Please join Bonnie to learn what causes falls, how to avoid them and what to do if it happens to you. As always, she will include demonstration and experiential exercises.

Note: Please wear comfortable clothing.

\* *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.

## Line Dancing!

Friday, September 13,  
11:00 AM – 12:00 PM

(Please note date change)

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** (please specify which program(s) you wish to attend).