


FEBRUARY 2020

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>HopeWell's Winter Weather Policy</p>  <p>HopeWell will follow the Baltimore County Public School System's policy for inclement weather. (If schools are closed for the day, HopeWell will be closed. If there is a delay, HopeWell's regular opening time of 9:00 am will adjust accordingly. If there is an early closure, please call us to find out if your program will be held.)</p> <ul style="list-style-type: none"> Information can be found online at https://www.bcps.org/status/, on your local radio or television station, or by calling the BCPS status information line at 443.809.5555. 	<p>HopeWell will follow the Baltimore County Public School System's policy for inclement weather. (If schools are closed for the day, HopeWell will be closed. If there is a delay, HopeWell's regular opening time of 9:00 am will adjust accordingly. If there is an early closure, please call us to find out if your program will be held.)</p> <ul style="list-style-type: none"> Information can be found online at https://www.bcps.org/status/, on your local radio or television station, or by calling the BCPS status information line at 443.809.5555. 					<p>It's Cold and Flu Season!</p> <p>If you are feeling under the weather, please do take care of yourself and consider staying home to rest. If you do come to HopeWell, you'll notice hand purifier and facemasks in the house and barn to protect the health of all in our community. Thank you!</p>	<p>1</p> <ul style="list-style-type: none"> 9:00 am Yoga 10:15 am Couples Group 10:30 am Strength and Tone
<p>2</p> <ul style="list-style-type: none"> 11:00 am Strength and Tone ✓ 1:00 pm Zentangle® 6:30 pm Sound Meditation Evening Group 7:00 pm Breast Cancer Group 	<p>3</p> <ul style="list-style-type: none"> 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 	<p>4</p> <ul style="list-style-type: none"> 9:30 am Sound Meditation Morning Group 11:00 am Qigong 	<p>5</p> <ul style="list-style-type: none"> 9:15 am T'ai Chi 11:00 am Stretch and Tone 12:00 pm Welcome Meeting 	<p>6</p> <ul style="list-style-type: none"> 1:00 pm Yoga Nidra 	<p>7</p> <ul style="list-style-type: none"> 9:00 am Yoga 10:30 am Strength and Tone 	<p>8</p> <ul style="list-style-type: none"> 9:00 am Yoga 10:30 am Strength and Tone 	
<p>9</p> <ul style="list-style-type: none"> 11:00 am Strength and Tone 6:30 pm Sound Meditation Evening Group 	<p>10</p> <ul style="list-style-type: none"> 10:45 am Yoga 12:00 pm Relaxation and Meditation 3:00 pm Metastatic Breast Cancer Group 6:00 pm Yoga 6:30 pm Adult Bereavement Group 7:00 pm Welcome Meeting 	<p>11</p> <ul style="list-style-type: none"> 9:30 am Sound Meditation Morning Group 11:00 am Qigong 	<p>12</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 Munch and Learn – Music's Healing Power: The Benefits of Music Therapy <i>* House Calls Speaker: Kelly Phair, MT-BC</i> 7:00 pm Ovarian Cancer Group 	<p>13</p> <ul style="list-style-type: none"> 11:00 am Coloring the Spaces, Clearing the Mind 1:00 pm Yoga Nidra 	<p>14</p> <ul style="list-style-type: none"> 9:00 am Yoga 10:15 am Couples Group 10:30 am Strength and Tone ✓ 12:00 pm Kids Circle 	<p>15</p> <ul style="list-style-type: none"> 9:00 am Yoga 10:15 am Couples Group 10:30 am Strength and Tone ✓ 12:00 pm Kids Circle 	
<p>16</p> <p>HopeWell Closed Presidents' Day Holiday <i>No Daytime or Evening Classes or Groups</i></p>	<p>17</p> <ul style="list-style-type: none"> 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 	<p>18</p> <ul style="list-style-type: none"> 9:30 am Sound Meditation Morning Group 11:00 am Qigong 	<p>19</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: Poured Paintings <i>* With thanks to the Rosenberg Foundation</i> 6:30 pm Pancreatic Cancer Group 	<p>20</p> <ul style="list-style-type: none"> 1:00 pm Yoga Nidra 	<p>21</p> <ul style="list-style-type: none"> 9:00 am Yoga 10:30 am Strength and Tone 	<p>22</p> <ul style="list-style-type: none"> 9:00 am Yoga 10:30 am Strength and Tone 	
<p>23</p> <ul style="list-style-type: none"> 11:00 am Strength and Tone 12:30 pm Yarn, Needles and Hooks 6:30 pm Lung Cancer Group 6:30 pm Sound Meditation Evening Group 	<p>24</p> <ul style="list-style-type: none"> 10:45 am Yoga 12:00 pm Relaxation and 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>25</p> <ul style="list-style-type: none"> 9:30 am Sound Meditation Morning Group 11:00 am Qigong ✓ 6:30 pm Update on Radiation Oncology: Overview and Side Effects <i>* House Calls Speaker: Fariba Asrari, MD</i> 	<p>26</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: Fairy Garden Teacups 7:00 pm Ovarian Cancer Group 	<p>27</p> <ul style="list-style-type: none"> 11:00 am Line Dancing! 1:00 pm Yoga Nidra 	<p>28</p> <ul style="list-style-type: none"> 9:00 am Yoga 10:30 am Strength and Tone 	<p>29</p> <ul style="list-style-type: none"> 9:00 am Yoga 10:30 am Strength and Tone 	

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

Did you know? . . .

HopeWell offers a variety of support groups for people with cancer, their families, friends and loved ones. All of our groups are facilitated by licensed clinicians, but the support comes from meeting others who truly understand what you're going through.

Our *diagnosis specific groups* are all drop-in; please contact a program staff member for more information.

Breast Cancer Group

(open to those with breast cancer)
1st & 3rd Monday, 7 – 8:30 PM

Metastatic Breast Cancer Group

(open to those with advanced breast cancer)
2nd & 4th Tuesday, 3 – 4:30 PM

Ovarian Cancer Group

(open to those with ovarian cancer)
2nd & 4th Thursday, 7 – 8:30 PM

Lung Cancer Group

(open to those with lung cancer and their support people)
4th Monday, 6:30 – 8 PM

Brain Tumor Group

(open to those with primary or metastatic brain tumors and their support people)
4th Monday, 6:30 – 8 PM

Blood Cancer Group

(open to those with blood cancers and their support people)
4th Tuesday, 6:30 – 8 PM

Pancreatic Cancer Group

(open to those with pancreatic cancer and their support people)
3rd Thursday, 6:30 – 8 PM

Our *weekly participant and caregiver support groups* are for those who are interested in more ongoing contact and are willing/able to commit to coming regularly. There is an afternoon offering or an evening offering. These are closed groups; please contact a program staff member for more information.

Art Class: Poured Paintings

Thursday, February 20, 1:00 – 2:30 PM



Instructor:
David Cunningham

Please join us for this never before offered session where we will create designs utilizing the art of poured colors on paper. We will explore a unique process of applying color without brushes; using the liquid state of color in a variety of applications based on pouring and dripping. This process will allow a new way of moving our paper in relation to gravity. Color can be discovered through veils of tone built in layers. Come share with us this novel opportunity to explore with color. All materials will be provided. No experience necessary.

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

Pancreatic Cancer Support and Networking Group

Thursday, February 20, 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.

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

Yarn, Needles and Hooks

Monday, February 24, 12:30 – 2:00 PM

Instructor: Wanda Harrison, LCSW-C

Knitting, crocheting and other needlecrafts are rewarding in that they provide a tangible result, but they can also be therapeutic. They provide a focal point, which can lessen stress and anxiety but also make it easier to share what's troubling you. And the repetitive motion may 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.

Update on Radiation Oncology: Overview and Side Effects

Wednesday, February 26, 6:30 – 8:00 PM



House Calls speaker:
Fariba Asrari, MD,
Radiation Oncologist

Please join us as we welcome Dr. Fariba Asrari, senior radiation oncologist and director of the Johns Hopkins Breast Center at Greenspring Station. Dr. Asrari will provide an update on radiation oncology; discuss various types of radiation treatments and review their side effects, including fatigue. This overview is for those with any type of cancer. There will be ample time for questions as well during this conversational presentation.

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

The Art of Beading: Fairy Garden Teacups

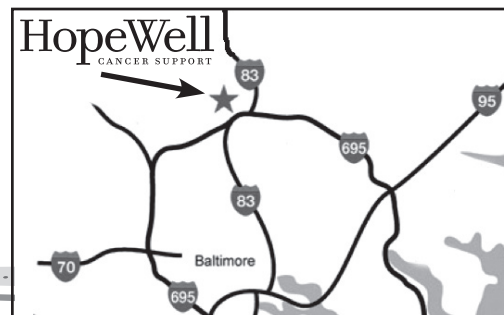
Thursday, February 27, 1:00 – 3:00 PM

Instructor: Patti Campbell, HopeWell Staff

Please Note: Class is limited to 20 participants.

Tap into your “whimsical spirit” and join us to create a magical space in your own Fairy Garden using a teacup and saucer provided by HopeWell. We will provide soil and other items (beads, shells, found objects, etc.). Feel free to bring your own cherished teacup, saucer and special items to add to your project. Consider thinking about a theme in advance and bring theme-related items. No experience necessary. All materials will be provided.

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



HopeWell Happenings

FEBRUARY 2020

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN FEBRUARY

HopeWell's programs are always offered at no charge!

Zentangle®

Monday, February 3, 1:00 – 2:30 PM

Guest Instructor: Becky Boynton, CZT

Please Note: Class is limited to 15 participants.

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

Sound Meditation – Two Drop-In Groups!

Monday *Evenings*

February 3, 10, 24

6:30 – 7:30 PM

(NO CLASS February 17)

Wednesday *Mornings*

February 5, 12, 19, 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/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.

Art and Healing

Tuesdays, February 4 and 18, 2:45 – 4:15 PM

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

The process of creating art is inherently therapeutic. Participating in the expressive arts may help you reclaim the creative part

of yourself; especially during treatment, when everything is focused on your physical being. Research has documented potential benefits for those living with cancer; including a possible reduction in anxiety, depression and pain.

This class provides a supportive space in which to use a wide variety of art supplies to visually express feelings. Art therapy allows you the opportunity to benefit from creative freedom and discover new ways of healing. *No experience necessary.*

Qigong

Wednesdays, February 5, 12, 19, 26

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.

Yoga Nidra

Fridays, February 7, 14, 21, 28

1:00 – 2:15 PM

Instructor: Lee Halfpenny, RYT

Yoga Nidra, or yogic sleep as it is commonly known, is considered by some to be one of the easiest yoga practices to learn. Unlike traditional Yoga with its series of poses, in Yoga Nidra the practitioner rests comfortably in savasana (corpse pose) and is guided by the teacher through a systematic meditation. For those not comfortable lying down, the practice can also be done in a seated position.

Yoga Nidra is a meditative practice that can potentially provide relief from stress, depression, worry and pain, while at the same time improving mindfulness. Research indicates that it may also be an effective intervention in improving quality of sleep among cancer patients.

Munch and Learn*

Music's Healing Power: The Benefits of Music Therapy

Thursday, February 13

Lunch: 12:15 PM

Program: 12:30 – 2:00 PM

House Calls Speaker: Kelly Phair, MT-BC



Please join us for this unique opportunity to learn about and experience the healing benefits of music. Kelly Phair, Music Therapist with Seasons Hospice, will show us ways in which music and music therapy can be incorporated into cancer treatment to help alleviate adverse treatment

side effects and provide an overall sense of well-being. She will demonstrate and invite you to participate in this therapeutic process and will offer the chance to take part in a music-facilitated relaxation experience. Come prepared to have fun and participate in this interactive program.

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

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

Coloring the Spaces, Clearing the Mind

Friday, February 14, 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 (please specify which program(s) you wish to attend).

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.

HopeWell
CANCER SUPPORT

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Lutherville, MD 21093

Contact Information:

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