

# AUGUST 2017

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><b>Quiet Fridays in the Summer Months</b></p> <p>We have designated Fridays in the summer months as "quiet days" for the HopeWell administrative office. All of our programs will continue as usual.</p>		<p>1</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Concentration, Relaxation, Meditation</li> <li>○ 6:00 pm Yoga</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>✓ 9:30 am Creative Photography: A Way to Re-Focus and De-Stress (week 4)</li> <li>○ 11:00 am Qigong</li> <li>■ 1:00 pm Creating Healing Images</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 12:15 pm Lunch and Learn – Clearing the Clutter *Guest Speaker: Cindy Bernstein, Professional Organizer</li> <li>✓ 6:30 pm Weekly Meditation Class – New!</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (week 5)</li> <li>○ 12:30 pm Yoga Nidra</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:15 am Couples Group</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> </ul>
<p>6</p> <p>Walk with Hope will take place if the temperature is below 90 degrees F.</p>	<p>7</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>○ 6:00 pm Qigong</li> <li>○ 7:00 pm Breast Cancer Group</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Concentration, Relaxation, Meditation</li> <li>○ 6:00 pm Yoga</li> <li>■ 6:30 pm Adult Bereavement Group</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>✓ 9:30 am Creative Photography: A Way to Re-Focus and De-Stress (week 5)</li> <li>○ 11:00 am Qigong</li> <li>■ 1:00 pm Creating Healing Images</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 12:15 pm Healthy Lunch Club Herbs and Spices: For Flavor and Nutrition *House Calls Speaker: Mandy Katz, MS, RD, CLC, LDN</li> <li>✓ 6:30 pm Weekly Meditation Class – New!</li> <li>○ 7:30 pm Ovarian Cancer Group</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (week 6)</li> <li>✓ 11:00 am Coloring the Spaces, Clearing the Mind</li> <li>○ 12:30 pm Yoga Nidra</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> </ul>
<p>13</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>✓ 12:30 pm Look Good, Feel Better</li> <li>○ 1:00 pm Metastatic Breast Cancer Group</li> <li>○ 6:00 pm Qigong</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Concentration, Relaxation, Meditation</li> <li>○ 6:00 pm Yoga</li> <li>✓ 6:30 pm Prostate Cancer A to Z: Your Questions Answered *House Calls Speaker: Benjamin Lowentritt, MD, F.A.C.S.</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>○ 11:00 am Qigong</li> <li>■ 1:00 pm Creating Healing Images</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 1:00 pm Line Dancing!</li> <li>✓ 6:30 pm Pancreatic Cancer Support and Networking Group – New!</li> <li>✓ 6:30 pm Weekly Meditation Class – New!</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (week 7)</li> <li>○ 12:30 pm Yoga Nidra</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:15 am Couples Group</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> </ul>	
<p>20</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>○ 6:00 pm Qigong</li> <li>○ 7:00 pm Breast Cancer Group</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Concentration, Relaxation, Meditation</li> <li>○ 6:00 pm Yoga</li> <li>○ 6:30 pm Blood Cancer Support/Networking Group</li> <li>■ 6:30 pm Adult Bereavement Group</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>○ 11:00 am Qigong</li> <li>✓ 12:30 pm Needlework... Craft and Meditation</li> <li>■ 1:00 pm Creating Healing Images</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 1:00 pm The Art of Beading: Wire Wrap Cuff Bracelet with Bead Soup</li> <li>✓ 6:30 pm Weekly Meditation Class – New!</li> <li>○ 7:30 pm Ovarian Cancer Group</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (week 8)</li> <li>○ 12:30 pm Yoga Nidra</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone for Men and Women</li> </ul>	
<p>27</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>○ 1:00 pm Metastatic Breast Cancer Group</li> <li>○ 6:00 pm Qigong</li> <li>○ 6:30 pm Brain Tumor Group Brain Tumors: Current Research, Trends and Treatment Options *House Calls Speaker: Henry Brem, MD</li> <li>○ 6:30 pm Lung Cancer Group</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Concentration, Relaxation, Meditation</li> <li>○ 6:00 pm Yoga</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>○ 11:00 am Qigong</li> <li>■ 1:00 pm Creating Healing Images</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 6:30 pm Weekly Meditation Class – New!</li> </ul>	<p>31</p> <p><b>Later this summer, look for our newly evolved "Community Conversations."</b></p> <p><i>First topic to be announced!</i></p> <p>We hope you'll join in on these important gatherings.</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**

(Prostate Cancer A to Z, cont'd)

managing side effects of surgery and treatment.

- This program is open to anyone who has been diagnosed with prostate cancer and their loved ones, from those recently diagnosed to those who have been living with the condition for many years.

- People with any stage of prostate cancer are welcome.

[rsvp@hopewellcancersupport.org](mailto:rsvp@hopewellcancersupport.org)

### Line Dancing!

**Thursday, August 17, 1:00 – 2:00 PM**

*Instructor: Wanda Harrison, LCSW-C*

Line dancing is a choreographed dance with a repeated step sequence. It's performed in a group.

- We'll do the Electric Slide, a disco dance from the 70s, and other dances you may want to share with the class.
- Join in and learn a dance or share a dance.
- Experience the camaraderie of dancing the same steps with a group.
- Get the benefits of the cardiovascular exercise that line dancing offers.

All welcome!

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### Pancreatic Cancer Support and Networking Group – New!

**Thursday, August 17, 6:30 – 8:00 PM**

*Facilitator: Erin Gillard, LCSW-C, RYT*

This monthly group, formed especially for people with pancreatic cancer, is designed to address the unique concerns, challenges and issues they face living with this disease. Please join this new networking group for inspiration, information and support. The group meets on the third Thursday of each month. Adult family members are welcome to attend.



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.*

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



- 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.

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### Blood Cancer Support and Networking Group

**Tuesday, August 22, 6:30 – 8:00 PM**

*Facilitator: Deborah Shapiro, PhD*

This group is designed to address the unique concerns of those living with a blood cancer. Please join in this month for an open discussion of topics that are of interest to those present.

This co-sponsored support/networking group welcomes all patients and families who have been touched by leukemia, lymphoma, Hodgkin's disease, MDS and myeloma.

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### Needlework... Craft and Meditation

**Wednesday, August 23, 12:30 – 2:00 PM**

*Facilitator: Wanda Harrison, LCSW-C*

Knitting, crochet, 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 and practice. If this craft is new to you, there will be others who can help you get started.

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### The Art of Beading: Wire Wrap Cuff Bracelet with Bead Soup

**Thursday, August 24, 1:00 – 2:30 PM**

*Instructors: Jackie Orsini, Volunteer and Patti Campbell, HopeWell Staff*

Beading can help you to relax, focus and express yourself. Join Jackie and Patti to make a Wire Wrap Bracelet with Bead Soup woven in. This class is great for all levels.

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### Brain Tumors: Current Research, Trends and Treatment Options

**Monday, August 28, 6:30 – 8:00 PM**

*House Calls Speaker: Henry Brem, MD*



Dr. Henry Brem, a nationally acclaimed neurosurgeon, is Director, Department of Neurosurgery, and Professor of Neurosurgery, Ophthalmology, Oncology and Biomedical Engineering at the Johns Hopkins Medical Institutions. He has created tools and

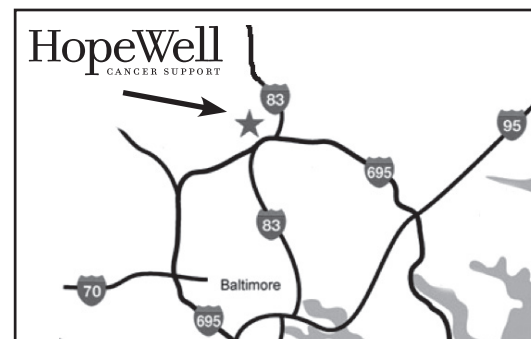
techniques that have changed the field of neurosurgery.

During this program, Dr. Brem will:

- Discuss medical and surgical therapies for brain tumors.
- Provide information about current research in this area.

Your questions are welcome during this informational presentation.

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# HopeWell Happenings

## AUGUST 2017

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

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

### Concentration, Relaxation and Meditation

**This Month's Theme: Patanjali's Five Niyamas**

**Tuesdays, August 1, 8, 15, 22, 29  
12:00 – 12:45 PM**

*Instructors: Jeanne Deignan-Kosmides and Jana Long*

When you are living with cancer, it may be especially challenging to concentrate and relax. This class can help focus attention, manage distractions, and promote an overall sense of calmness and relaxation. Each class features new practices and techniques.

In August, we will explore contemplative practices in yoga philosophy based on Patanjali's five niyamas. Patanjali is often described as the "Sage Behind the Sutra." The niyamas are the internal observances of personal conduct that cultivate self-discipline and inner strength.

No experience is necessary. All are welcome to any of the classes. Come when you can.



### Lunch and Learn – Clearing the Clutter

**Thursday, August 3  
Lunch, 12:15 – 12:30 PM  
Program, 12:30 – 2:00 PM**

*Guest Speaker: Cindy Bernstein, Professional Organizer*

A program about clutter for people living with cancer? You may wonder what the connection is. Consider this:

- When your environment is disorganized, it may contribute to anxiety and make it hard to focus on your health.
- Too much "stuff" can be distracting, making mindfulness meditation more difficult to practice.

Additionally, after a cancer diagnosis, it's not uncommon for people to feel differently about material things, which may no longer seem as important as they once did.

Getting rid of physical clutter can be overwhelming, both physically and emotionally. Cindy Bernstein, Professional Organizer and Owner of Aim 4 Order, will discuss the barriers

to decluttering and share practical tips and resources to inspire you to get started.

[rsvp@hopewellcancersupport.org](mailto:rsvp@hopewellcancersupport.org)

### Weekly Meditation Class – New!

**Thursdays, 6:30 – 7:45 PM**

*Instructor: Lee Halfpenny, RYT*

This new meditation class consists of:

- A brief recorded talk.
- Guided and silent sitting and walking meditation.
- A loving-friendliness practice at the end of class.
- Time for community sharing, questions, and discussion.

All are welcome, whether you currently have a meditation practice or are interested in learning how to start one. This Thursday evening class is different from the 8-week Mindful Meditation Series. The evening classes are ongoing, and each one can stand alone.

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### Healthy Lunch Club – Herbs and Spices: For Flavor and Nutrition

**Thursday, August 10  
Lunch, 12:15 – 12:30 PM  
Program, 12:30 – 2:00 PM**

*House Calls Speaker: Mandy Katz, MS, RD, CLC, LDN*

Herbs and spices add flavor and fragrance, but they also add nutrition to your meals. Mandy Katz, In-Store Nutritionist at Giant Food, will discuss the health benefits of certain herbs and spices, especially as they relate to cancer. A tasting experience is also a part of this program.

[rsvp@hopewellcancersupport.org](mailto:rsvp@hopewellcancersupport.org)

### Coloring the Spaces, Clearing the Mind

**Friday, August 11, 11:00 AM – 12:30 PM**

*Instructors: Carole Sharp, LCSW-C and Patti Campbell, HopeWell Staff*

We've been offering coloring for some time now, and participants have offered the following thoughts about their experiences:

- "It's hard to take time for myself, but I know that 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."

Research has shown that coloring can be relaxing and help focus your mind, and our experience at HopeWell is bearing this out. This class is open to all.

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### Look Good...Feel Better

**Monday, August 14, 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.

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### Prostate Cancer A to Z: Your Questions Answered

**Tuesday, August 15, 6:30 – 8:00 PM**

*House Calls Speaker: Benjamin Lowentritt, MD, F.A.C.S.*



Please join us for a comprehensive discussion about prostate cancer with Dr. Benjamin Lowentritt, Director of the Prostate Cancer Care Program and Director of Minimally Invasive Surgery and Robotics at Chesapeake

Urology and Associates.

- In this program, Dr. Lowentritt welcomes your questions and concerns about making treatment decisions and

(continued on back)