

# OCTOBER 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
1	2 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 3:00 pm Thrive! (Week 2) ○ 6:00 pm Qigong ○ 7:00 pm Breast Cancer Group	3 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting	4 ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images	5 ✓ 9:15 am T'ai Chi – New! ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Lunch and Learn – The Ins and Outs of Osteoporosis * House Calls Speaker: Bonnie Schulman, PT ✓ 6:30 pm Weekly Meditation Class	6 ○ 12:30 pm Yoga Nidra	7 ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (Week 2) ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women ✓ 1:30 pm Nia Workshop: Moving to Heal – New!
8	9 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Look Good, Feel Better ○ 1:00 pm Metastatic Breast Cancer Group ✓ 3:00 pm Thrive! (Week 3) ○ 6:00 pm Qigong	10 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ○ 7:00 pm Welcome Meeting	11 ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images	12 ✓ 9:15 am T'ai Chi – New! ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Healthy Lunch Club – Healthy Fall Soups and Stews + Recipe Exchange * Facilitator: Sharon Calvano, LCSW-C ✓ 6:30 pm Weekly Meditation Class NO CLASS ○ 7:30 pm Ovarian Cancer Group	13 ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 12:30 pm Yoga Nidra NO CLASS	14 ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (Week 3) ○ 10:30 am Strength and Tone for Men and Women
15	16 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 3:00 pm Thrive! (Week 4) ○ 6:00 pm Qigong ✓ 7:00 pm Breast Cancer Group Breast Reconstruction: Options and Considerations * House Calls Speaker: Brendan Collins, MD	17 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ✓ 6:30 pm Colorectal Cancer: Options, Issues, Progress * House Calls Speaker: Nilofer Azad, MD ○ 7:00 pm Welcome Meeting	18 ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images	19 ✓ 9:15 am T'ai Chi – New! ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class – Leaf Making in Polymer Clay ○ 6:30 pm Pancreatic Cancer Support and Networking Group ✓ 6:30 pm Weekly Meditation Class	20 ✓ 10:00 am Mindful Meditation (Week 1) ○ 12:30 pm Yoga Nidra	21 ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (Week 4) ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women
22	23 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ○ 1:00 pm Metastatic Breast Cancer Group ✓ 3:00 pm Thrive! (Week 5) ○ 6:00 pm Qigong ○ 6:30 pm Brain Tumor Group ○ 6:30 pm Lung Cancer Group	24 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group with Children and Teens ○ 6:30 pm Blood Cancer Support/Networking Group ○ 7:00 pm Welcome Meeting	25 ○ 11:00 am Qigong ✓ 12:30 pm Needlework... Craft and Meditation ■ 12:30 pm Creating Healing Images	26 ✓ 9:15 am T'ai Chi – New! ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading: Mixed Media Pumpkin and Acorns for Your Home ✓ 6:30 pm Weekly Meditation Class ○ 7:30 pm Ovarian Cancer Group	27 ✓ 10:00 am Mindful Meditation (Week 2) ○ 12:30 pm Yoga Nidra	28 ○ 9:00 am Yoga ✓ 10:00 am Kids Circle (Week 5) ○ 10:30 am Strength and Tone for Men and Women
28	30 ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 3:00 pm Thrive! (Week 6) ○ 6:00 pm Qigong ✓ 6:30 pm Proton Therapy: A New Ray of Hope for Cancer Patients * House Calls Speaker: Charles Simone, MD	31 ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting				

## 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**

## Colorectal Cancer: Options, Issues, Progress

Tuesday, October 17, 6:30 – 8:00 PM

House Calls Speaker: Nilofer Saba Azad, MD



Please join us for a discussion about current trends, treatment options, side effect management and research in the field of colorectal cancer. Dr. Nilofer Azad is an Associate Professor of Oncology at the Johns Hopkins University School of

Medicine. Her expertise is in cancer of the gastrointestinal tract, with a particular interest in colorectal and pancreaticobiliary cancer. She also has led multiple clinical trials of molecularly targeted agents for advanced cancer patients.

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## Art Class: Leaf Making in Polymer Clay

Thursday, October 19, 1:00 – 2:30 PM

Instructor: David Cunningham

Join visiting artist David Cunningham in a unique sculpting session, overlapping polymer clay with real leaf forms. Create your own custom leaf shape as an exercise in self-expression and color discovery. David will provide all materials, including sculpting tools, clay and scissors. The clay contains a variety of colors and can be mixed.

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## Pancreatic Cancer Support and Networking Group

Thursday, October 19, 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 of 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.

- 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.

## Mindfulness Meditation 8-Week Course

Starts Friday, October 20  
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.

- See the value and preciousness of the present moment.
- Be open to the possibility of transforming crisis into opportunity.
- Minimize the physical, emotional, mental and spiritual tolls of ordinary and extraordinary stresses.

Attendance beginning at the first session is highly recommended.

We need a minimum of 12 people registered in advance to hold this class.

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## Parent Grief Group with Children and Teens

Tuesday, October 24, 6:30 – 8:00 PM

Facilitator: Pia May, LCSW-C

Join in to meet other parents who have lost a spouse or partner to cancer. Children and teens are welcome to attend this session. There will be activities for them included in the program.

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## Blood Cancer Support and Networking Group

Tuesday, October 24, 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.

## Proton Therapy: A New Ray of Hope for Cancer Patients

Monday, October 30, 6:30 – 8:00 PM

House Calls Speaker: Charles Simone, MD



Dr. Charles Simone is internationally recognized as an expert in the use of proton therapy, specifically for the treatment of thoracic malignancies, development of clinical trial strategies and innovative research in thoracic radiation oncology. He is

Medical Director of the Maryland Proton Treatment Center, affiliated with the University of Maryland Comprehensive Cancer Center, as well as Associate Professor of Radiation Oncology at the University of Maryland.

Proton therapy is a highly targeted type of radiation that treats localized, solid tumors near critical organs in the body. During this program, Dr. Simone will discuss:

- What types of cancers are effectively treated with proton therapy.
- What factors determine whether proton therapy is an option.
- How proton therapy differs from other types of radiation therapy.
- Side effects of proton therapy.
- Whether proton therapy can be used in conjunction with other cancer treatments.

Your questions are welcome during this informational presentation.

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**HopeWell**  
CANCER SUPPORT

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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



STANDARDS FOR EXCELLENCE

# HopeWell Happenings

OCTOBER 2017

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN OCTOBER

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

## Concentration, Relaxation and Meditation

**This Month's Theme:**  
*Mantra, Mudra and Meditation*

Tuesdays, October 3, 10, 17, 24, 31  
12:00 – 12:45 PM

Instructors: Jeanne Deignan-Kosmides  
and Jana Long

In October, we will explore the meaning and use of mantra (sound) and mudra (gestures) as part of our meditation.

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

## T'ai Chi Class – New!

Thursdays, October 5, 12, 19, 26  
9:15 – 10:00 AM

Instructor: Andrew Giordano

Decrease tension through participation in this meditation called the Dance of Life. Learn to relax and energize simultaneously. This weekly class combines coordination, balance and flexibility into rhythmic motion and gentle exercise. Wear comfortable clothing and flat shoes.

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## Lunch and Learn – Common Sense Physical Therapy: The Ins and Outs of Osteoporosis

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

House Calls Speaker: Bonnie Schulman, PT

Osteoporosis, a condition that causes bones to become brittle and fragile, can develop because of many factors – chemotherapy, radiation, other types of medication, and the aging process.

In this session, Bonnie will discuss and demonstrate ways to address osteoporosis and strengthen bones, including:

- Weight bearing exercises.
- Postural correction.

Please wear comfortable clothing to this experiential program.

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## Meditation Class

Thursdays, October 5, 19, 26

(No class on October 12)

6:30 – 7:45 PM

Instructor: Lee Halfpenny, RYT

This 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.

*If you would like this class to continue past October, please show your support by attending this month!*

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## Nia: Moving to Heal – New!

Saturday, October 7, 1:30 – 3:00 PM

Instructor: Alba Azola, MD



This workshop introduces the basic principle of the Nia technique: "Through movement we find health." Learn to compassionately condition your body, mind, emotion and spirit while exploring with movement and sensation.

- We will first present the fundamentals and then get moving in a beginner level Nia class.
- Please wear comfortable layers and be ready to take off your shoes and have fun.

All fitness levels are welcome and no experience is required!

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## Look Good...Feel Better

Monday, October 9, 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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## Healthy Lunch Club – Healthy Fall Soups and Stews + Recipe Exchange

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

Facilitator: Sharon Calvano, LCSW-C

As fall begins, our menus often change as temperatures dip and different vegetables come into season. Bring your favorite healthy fall soup or stew recipe to exchange with the group, and Sharon will do the same. A discussion about the health value of the different dishes will be included in this program.

Please bring a healthy dish to share.

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## Breast Reconstruction: Options and Considerations

Monday, October 16, 7:00 – 8:30 PM

House Calls Speaker: Brendan Collins, MD



Dr. Brendan Collins specializes in breast reconstruction and plastic surgery at the Breast Reconstruction and Restoration Center and Cosmetic Medicine and Surgery at Mercy Medical Center. Please Join Dr. Collins to learn about

current trends and options for breast reconstruction and all that is involved in these various procedures. He will also discuss factors to consider when deciding about reconstruction and be available for questions.

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