

JANUARY 2018

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>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.</p> <p>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> <p>HopeWell Closed New Year's Day <i>No Classes or Groups</i></p>	<p>2</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting 	<p>3</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p>4</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 Lunch and Learn – Common Sense Physical Therapy: What Do I Need and How Do I Get It? <i>* House Calls Speaker: Bonnie Schulman, PT</i> 	<p>5</p> <ul style="list-style-type: none"> ✓ 11:00 am Line Dancing! ○ 1:00 pm Yoga Nidra – <i>New Time!</i> 	<p>6</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women
	<p>7</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ○ 1:00 pm Metastatic Breast Cancer Group 	<p>8</p> <ul style="list-style-type: none"> ○ 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 	<p>9</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p>10</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 Healthy Lunch Club – Creative & Cozy Winter Cooking: Demonstration with "Chef Egg" <i>* Guest Instructor: Erik Berlin</i> ○ 7:00 pm Ovarian Cancer Group <i>New Time!</i> 	<p>11</p> <ul style="list-style-type: none"> ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra – <i>New Time!</i> 	<p>12</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women
<p>14</p> <p>No Daytime Programs Martin Luther King Jr. Day <i>Evening Program in Session</i></p> <ul style="list-style-type: none"> ○ 7:00 pm Breast Cancer Group 	<p>15</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting 	<p>16</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p>17</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 – Pixel Drawings from Organic Textures in Pencil ○ 6:30 pm Pancreatic Cancer Support and Networking Group 	<p>18</p> <ul style="list-style-type: none"> ○ 1:00 pm Yoga Nidra – <i>New Time!</i> 	<p>19</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women 	<p>20</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women
<p>21</p> <p>Walk with Hope Winter Programming Note:</p> <p>If the outside temperature is below 35°, the Walk with Hope will not be held. Please call if you are unsure about the weather as it relates to the walk.</p>	<p>22</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 1:00 pm The Art of Beading: Crystal Bracelet with Dangling Beads ○ 1:00 pm Metastatic Breast Cancer Group ○ 6:30 pm Brain Tumor Group ○ 6:30 pm Lung Cancer Group 	<p>23</p> <ul style="list-style-type: none"> ○ 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 and Networking Group ○ 7:00 pm Welcome Meeting 	<p>24</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p>25</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 Needlework...Craft and Meditation ○ 7:00 pm Ovarian Cancer Group <i>New Time!</i> 	<p>26</p> <ul style="list-style-type: none"> ○ 1:00 pm Yoga Nidra – <i>New Time!</i> 	<p>27</p> <ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women
<p>28</p> <ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:15 pm Lunch and Learn – Navigating Your Health Insurance When Living With Cancer <i>* House Calls Speaker: Joy Hatchette, J.D.</i> 	<p>29</p> <ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting 	<p>30</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	<p style="text-align: center;">HopeWell's Winter Weather Policy</p> <ul style="list-style-type: none"> • On weekday mornings, HopeWell will follow Baltimore County's public school closure policy for inclement weather. If roads are clear by late morning, we may resume our scheduled programming. • We will post our closure status on HopeWell's main line, 410.832.2719. • For weekends, we will announce closure decisions, when possible, on Friday. 			
<p>31</p> <ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 						

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**

- “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.

rsvp@hopewellcancersupport.org

Art Class: Pixel Drawings from Organic Textures in Pencil

Thursday, January 18, 1:00 – 2:30 PM

Instructor: David Cunningham

Join visiting artist, David Cunningham, in a workshop of pencil drawing. We will have the choice of sixty black and white high contrast images created from details of baskets, ceramics, and ceremonial vessels.

These sixty images will be our source in making our own observation based steps in pencil drawing. Our format will be the size of a postage stamp. However, the goal is to create a pencil drawing of a detail from one of these sixty images.

We will have several opportunities to recreate your design with an authenticity to the tonal values from each source image.

Materials will be provided.

rsvp@hopewellcancersupport.org

Pancreatic Cancer Support and Networking Group

Thursday, January 18, 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 networking group for inspiration, information and support. 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.

The Art of Beading: Crystal Bracelet with Dangling Beads

Monday, January 22, 1:00 – 2:30 PM

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

Beading can help you relax, focus and express yourself. Join Jackie and Patti to make an easy and colorful crystal bracelet with dangling beads. This class is great for all levels.

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Brain Tumor Support Group

Monday, January 22, 6:30 – 8:00 PM

Facilitator: Stephanie King, LCSW-C

This group is for people who have been diagnosed with a primary or metastatic brain tumor and their caregivers. Their special difficulties and needs are the focus of discussion and support.

Parent Grief Group with Children and Teens

Tuesday, January 23, 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, January 23, 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.

Needlework...Craft and Meditation

Thursday, January 25, 1:00 – 2:30 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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Lunch and Learn – Navigating Your Health Insurance When Living With Cancer

Monday, January 29

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

House Calls Speaker: Joy Hachette, J.D.

For many people, health insurance is often complicated and confusing at best. This is even more the case when living with cancer. Please join Joy Hachette, Associate Commissioner, Maryland Insurance Administration, to learn how to best handle issues such as losing health insurance, steps to take when a claim is denied, getting the most from your prescription plan, potential resources, and more. This is a unique opportunity to become a better informed consumer and to understand your rights and available options when faced with health insurance difficulties.

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HopeWell Happenings

JANUARY 2018

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN JANUARY

HopeWell’s programs are always offered at no charge!

Concentration, Relaxation and Meditation

This Month’s Theme: Mindfulness Practices

Tuesdays, January 2, 9, 16, 23, 30
12:00 – 12:45 PM

Instructors: Jeanne Deignan-Kosmidis 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.

This month we will explore the writings and mindfulness practices of Jon Kabat-Zinn, Ph.D. Jon Kabat-Zinn is Professor of Medicine Emeritus and a creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

We will be reviewing material from several of his books including: Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness as well as his online exercises and meditation practices. Jon invites each of us to “embark upon a journey of self-development, self-discovery, learning and healing.”

No experience is necessary. All are welcome to any of the classes.

T’ai Chi Class

Thursdays, January 4, 11, 18, 25
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.

Note: Please wear comfortable clothing and flat shoes.

Lunch and Learn – Common Sense Physical Therapy: What Do I Need and How Do I Get It?

Thursday, January 4
Lunch, 12:15 – 12:30 PM
Program, 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

With the New Year upon us, this is a perfect time to take stock of your overall level of daily functioning as it affects your quality of life. Once you can identify and name your areas of concern in a specific way, you are taking the first steps toward getting the help you need. However, this is often easier said than done.

In today’s program, Bonnie will assist you in solving the puzzle. She will talk about how to assess and describe problem areas in your daily functioning as a result of your cancer, its treatment and other factors and what the potential options are for help.

Bring your concerns. This session will include time for sharing and brainstorming.

Note: Please also wear comfortable clothing to this experiential program.

rsvp@hopewellcancersupport.org

Line Dancing!

Friday, January 5, 11:00 AM – 12:00 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!

rsvp@hopewellcancersupport.org

Couples Group

Saturdays, January 6, 20
10:15 – 11:45 AM

Facilitator: Stephanie King, LCSW-C

The impact of cancer on a committed relationship is often profound. The worries, fears, demands and stresses associated with cancer along with the changes in roles and responsibilities can be difficult for any couple to navigate. This biweekly group provides a time for couples to discuss the unique challenges that cancer presents upon intimate relationships and ways to cope. Meet other couples learning to live with similar issues and find support.

Healthy Lunch Club – Creative & Cozy Winter Cooking: Demonstration with “Chef Egg”



Thursday, January 11, 12:15 – 2:00 PM

Guest Instructor: Erik Berlin

Cold weather can bring cravings for comfort food, the kind of food that is often high in calories and carbohydrates. Nonetheless, it is possible to prepare healthy meals that also satisfy the desire for hearty and cozy food to warm the soul.

Please bring a healthy dish to share.

rsvp@hopewellcancersupport.org

Coloring the Spaces, Clearing the Mind

Friday, January 12, 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.”

(continued on back)



Street Address:
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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

If you have any questions:

cancerhelp@hopewellcancersupport.org

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