


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
1	<ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 3:00 pm Thrive! (Week 5) ○ 7:00 pm Breast Cancer Group 	2	<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 	3	<ul style="list-style-type: none"> ✓ 9:30 am Sound Meditation: A Four Week Group Experience (Week 4) * Guest Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Healthy Coaching ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	4	<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 – Efficient Walking/Inefficient Walking * House Calls Speaker: Bonnie Schulman, PT ✓ 1:00 pm Art Class – Creating Mini Landscapes 	5	<ul style="list-style-type: none"> ○ 9:00 am Yoga ✓ 10:00 am Kids/Teens/Family Circle (Week 5) ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone for Men and Women 		
8	<ul style="list-style-type: none"> ○ 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 6) ✓ 6:30 pm Choosing Not To Reconstruct After Breast Surgery * Facilitators: Penny Graf, LCSW-C and Nancy Mulherin, RN, BSN, OCN 	9	<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 	10	<ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	11	<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 – To Buy Organic or Not * Facilitator: Sharon Calvano, LCSW-C ○ 7:00 pm Ovarian Cancer Group 	12	<ul style="list-style-type: none"> ✓ 10:00 am Mindfulness Meditation (Week 6) ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra 	13	<ul style="list-style-type: none"> ○ 9:00 am Yoga ✓ 10:00 am Kids/Teens/Family Circle (Week 6) ○ 10:30 am Strength and Tone for Men and Women
15	<p>Our program schedule is on "pause" this week as we gear up for our 21st Annual Celebration of REACHOUT & RUN on April 22nd!</p> <p><i>If you'd like to help us with race prep this week, please write to race@hopewellcancersupport.org. We hope to see you on Race Day!</i></p>						21				
22	<ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:30 pm Needlework...Craft & Meditation ○ 1:00 pm Metastatic Breast Cancer Group ○ 6:30 pm Brain Tumor Group Brain Tumors: Strategies for Living as Independently as Possible * House Calls Speaker: Mae Yan, MS, OTR/L ○ 6:30 pm Lung Cancer Group 	23	<ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Concentration, Relaxation, Meditation ○ 6:00 pm Yoga ○ 6:30 pm Blood Cancer Support and Networking Group ■ 6:30 pm Adult Bereavement Group ○ 7:00 pm Welcome Meeting 	24	<ul style="list-style-type: none"> ○ 11:00 am Qigong ■ 12:30 pm Creating Healing Images 	25	<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 ○ 7:00 pm Ovarian Cancer Group 	26	<ul style="list-style-type: none"> ✓ 10:00 am Mindfulness Meditation (Week 7) ○ 1:00 pm Yoga Nidra 	27	<ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone for Men and Women
29	<ul style="list-style-type: none"> ○ 9:30 am Walk with Hope ○ 11:00 am Strength and Tone ✓ 12:15 pm Lunch and Learn – Cancer and All Things Work Related * House Calls Speaker: Eden Stotsky-Himelfarb, BSN, RN, ONN-CG 	30	<p>save THE Date!</p> <p>Lunch and Learn – Managing Cancer Pain and Side Effects: What You Need to Know Monday, May 7th Lunch: 12:15 – 12:30 PM • Program: 12:30 – 2:00 PM House Calls Speaker: Mary Lynn McPherson, Pharm D, BCPS, CPE</p>		<p>Having cancer doesn't always mean you'll have pain, but if you do or are living with someone who does, this program is for you. Dr. Lynn McPherson, Professor & Executive Director, Advanced Post-Graduate Education in Palliative Care, Dept. of Pharmacy Practice and Science at the University of Maryland School of Pharmacy, will present the latest research and information about cancer pain.</p> <p>rsvp@hopewellcancersupport.org</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.

■ Interested participants meet individually with Program Staff to learn more about this group. Please call 410-832-2719.

* **SPEAKER**

Choosing Not To Reconstruct After Breast Surgery

Monday, April 9, 6:30 – 8:00 PM

Facilitators: Penny Graf, LCSW-C and Nancy Mulherin, RN, BSN, OCN

The decision to have or not have breast reconstruction after surgery is an extremely personal one. All too often, however, it becomes challenging to find others to discuss this with or locate resources and support. Although it is seldom talked about as an option, the choice not to reconstruct is as viable an alternative as any.

Please join us this evening for a frank and candid discussion focusing on the unique issues of deciding not to reconstruct, an evening of women helping women. Hear from participants who will share their personal stories about making this decision. Plus, this will be a rare opportunity to discuss and share the emotional, social and practical implications of this choice and learn about available resources.

If you have special products that work for you, please bring a sample to share.

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Healthy Lunch Club – To Buy Organic or Not

Thursday, April 12

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 1:45 PM

Facilitator: Sharon Calvano, LCSW-C

As a consumer, it is often confusing to know when to buy organic fresh fruits and vegetables and when it isn't necessary. Join Sharon Calvano to learn about available and reliable resources to help you make safer and more informed decisions when you're shopping for produce. And, if you have a smart phone, please bring it with you. Sharon will show you how to download an app that you can use to scan items in the grocery store to determine their healthy rating before you buy.

Please bring a healthy dish to share.

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Needlework...Craft and Meditation

Monday, April 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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Brain Tumor Support Group

Brain Tumors: Strategies for Living as Independently as Possible

Monday, April 23, 6:30 – 8:00 PM

House Calls Speaker: Mae Yan, MS, OTR/L

Mae Yan is an Occupational Therapist specializing in Neurological Rehabilitation with the MedStar NRH Rehabilitation Network. Please join us this evening to learn about ways to improve daily functioning with the goal of living as independently as possible after a brain tumor diagnosis. Our speaker will share practical suggestions and techniques to manage common challenges and limitations including guidance to caregivers, all to build greater self-sufficiency and enhanced quality of life.

There will be plenty of time for questions.

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Blood Cancer Support and Networking Group

Tuesday, April 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 and networking group welcomes all patients and families who have been touched by leukemia, lymphoma, Hodgkin's disease, MDS and myeloma.

Lunch and Learn – Cancer and All Things Work Related

Monday, April 30

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM

House Calls Speaker: Eden Stotsky-Himelfarb, BSN, RN, ONN-CG

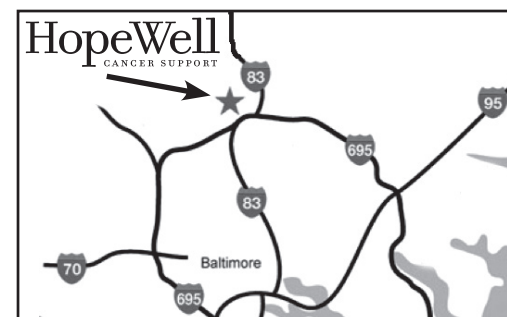


Eden Stotsky-Himelfarb is a Workplace Oncology Nurse Navigator with the "Work Stride: Managing Cancer at Work" program at the Johns Hopkins Sidney Kimmel Comprehensive Cancer Center. Please join us for a discussion about

the challenges involved in maintaining or starting employment after a cancer diagnosis. Participants will learn about employment rights and potential benefits, communicating with managers and colleagues, issues related to returning to work and looking for work plus more.

Please bring your questions. This will be a great opportunity to gain information and knowledge from an expert in the area of cancer and work.

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Stay connected to HopeWell!

Facebook.com/HopeWellCancerSupport

Instagram/HopeWellCancerSupport

YouTube/HopeWell Baltimore

HopeWell
CANCER SUPPORT

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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

HopeWell Happenings

APRIL 2018

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN APRIL

HopeWell's programs are always offered at no charge!

Concentration, Relaxation and Meditation

This Month's Theme:
Visualization Continued

Tuesdays, April 3, 10, 24 (No class on 4/17)
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 continue our exploration of the concept and practice of visualization.

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

T'ai Chi Class

Thursdays, April 5, 12, 26 (No class on 4/19)
9:15 – 10:15 AM

Instructor: Paul Jakubowski



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 Efficient Walking/Inefficient Walking

Thursday, April 5

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

Walking is a basic functional movement that we generally start at a very early age. It is

so fundamental and natural that most of us aren't aware of the subtle quirks and nuances in our strides that can result in aches and pains.

Join Bonnie Schulman, PT, to get the most benefit out of your walking. She will explain the complexities of this basic movement that most of us do automatically and suggest ways to deal with common bad habits and idiosyncrasies that we often develop as we age.

Please wear comfortable clothing as the program includes both demonstration and experiential exercises.

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Art Class – Creating Mini Landscapes

Thursday, April 5, 1:00 – 2:30 PM

Please join visiting artist, David Cunningham, to create mini personal landscapes utilizing organic material such as sticks, leaves, stones and earth, from the grounds of Hopewell. He will guide us in creating a sculptural mini landscape with special wires and other art materials combined with materials found at Hopewell.

Our project is a personal extension of our discovery of place and an invitation to explore from within by using the word place as our theme.

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Look Good...Feel Better

Monday, April 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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CELEBRATING **21** YEARS!

Bill Kidd's
TOYOTA

REACHOUT & RUN 2018

After 21 years, REACHOUT & RUN is still running strong . . . continuing to bring hope and support to Maryland's cancer community. Thanks to the generosity of wonderful sponsors, individuals, and teams made up of HopeWell participants, friends and families . . . this important fundraiser makes it possible for us to offer our programs — at no charge — to people whose lives are forever changed by cancer.

WHEN AND WHERE:
Sunday, April 22, 2018
Goucher College, Towson, MD

ONLINE REGISTRATION AND DONATIONS:
crowdrise.com/hopewellroar2018

Please join us and make this the best REACHOUT & RUN ever!