

# JULY 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>1</p> <p>Walk with Hope will take place if the temperature is below 90 degrees F.</p>	<p>2</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>✓ 3:00 pm Thrive (Week 5)</li> <li>○ 7:00 pm Breast Cancer Support Group</li> </ul>	<p>3</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 <b>NO CLASS</b></li> <li>○ 7:00 pm Welcome Meeting <b>NO MEETING</b></li> </ul>	<p>4</p> <p><b>HopeWell Closed Fourth of July Holiday</b></p> <p><i>No daytime or evening classes and groups.</i></p>	<p>5</p> <ul style="list-style-type: none"> <li>○ 9:15 am T'ai Chi</li> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p>7</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</li> </ul>
<p>8</p>	<p>9</p> <ul style="list-style-type: none"> <li>○ 9:30 am Walk with Hope</li> <li>○ 11:00 am Strength and Tone</li> <li>✓ 12:00 pm A Community Conversation: Reengagement, Renewal, Reunion <i>Light Lunch Included</i></li> <li>○ 1:00 pm Metastatic Breast Cancer Support Group</li> <li>✓ 3:00 pm Thrive (Week 6)</li> </ul>	<p>10</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>11</p> <ul style="list-style-type: none"> <li>✓ 9:30 am Sound Meditation – <b>New Series Starting!</b> (Week 1) <i>* Instructor: Elaine Wujcik, RN, RYT-200 Certified in Sound Massage and Health Coaching</i></li> <li>○ 11:00 am Qigong</li> <li>○ 12:30 pm Creating Healing Images</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>○ 9:15 am T'ai Chi</li> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 12:15 pm Healthy Lunch Club – Healthy Dips, Spreads and Hors D'oeuvres <i>* Facilitator: Sharon Calvano, LCSW-C</i></li> <li>○ 7:00 pm Ovarian Cancer Support Group</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (Week 1)</li> <li>✓ 11:00 am Coloring the Spaces, Clearing the Mind</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone</li> </ul>
<p>15</p>	<p>16</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 Creative Photography: A Way to Re-Focus and De-Stress – <b>New!</b> (Week 1) <i>* Guest Instructor: Bruce Harrison</i></li> <li>✓ 7:00 pm Breast Cancer Support Group Breast Cancer: Highlights from the 2018 American Society of Clinical Oncology (ASCO) Meeting <i>* House Calls Speaker: Robert Donegan, MD</i></li> </ul>	<p>17</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 Out of the Fog: Optimizing Cognitive Health in the Face of Cancer-Related Cognitive Changes <i>* House Calls Speaker: Tracy Vannorsdall, PhD, ABPP</i></li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>✓ 9:30 am Sound Meditation (Week 2) <i>* Instructor: Elaine Wujcik, RN, RYT-200 Certified in Sound Massage and Healthy Coaching</i></li> <li>○ 11:00 am Qigong</li> <li>○ 12:30 pm Creating Healing Images</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>○ 9:15 am T'ai Chi</li> <li>○ 11:00 am Stretch and Tone</li> <li>○ 12:00 pm Welcome Meeting</li> <li>✓ 1:00 pm Art Class: Mosaic Making</li> <li>○ 6:30 pm Pancreatic Cancer Support and Networking Group <i>* With thanks to the Rosenberg Foundation</i></li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (Week 2)</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p>21</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</li> </ul>
<p>22</p>	<p>23</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 Needlework - Craft and Meditation</li> <li>○ 1:00 pm Metastatic Breast Cancer Support Group</li> <li>✓ 1:00 pm Creative Photography: A Way to Re-Focus and De-Stress (Week 2) <i>* Guest Instructor: Bruce Harrison</i></li> <li>○ 6:30 pm Brain Tumor Support Group</li> <li>✓ 6:30 pm Lung Cancer Support Group Lung Cancer and Clinical Trials <i>* House Calls Speaker: Peggy Fitzpatrick, MSN, RN</i></li> </ul>	<p>24</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 and Networking Group</li> <li>■ 6:30 pm Adult Bereavement Group</li> <li>✓ 6:30 pm Parent Grief Group with Children and Teens</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>✓ 9:30 am Sound Meditation (Week 3) <i>* Instructor: Elaine Wujcik, RN, RYT-200 Certified in Sound Massage and Healthy Coaching</i></li> <li>○ 11:00 am Qigong</li> <li>○ 12:30 pm Creating Healing Images</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>○ 9:15 am T'ai Chi</li> <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 Ankle Bracelets</li> <li>○ 7:00 pm Ovarian Cancer Group</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>✓ 10:00 am Mindfulness Meditation (Week 3)</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone</li> </ul>
<p>29</p>	<p>30</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 Creative Photography: A Way to Re-Focus and De-Stress (Week 3) <i>* Guest Instructor: Bruce Harrison</i></li> </ul>	<p>31</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><b>Scheduling Note: In case you were wondering . . .</b></p> <p><b>This year we plan to hold our HOPEWELL ANNUAL REUNION</b></p> <p><b>sometime this fall. Please stay tuned for date and time.</b></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**



stress, relax, re-tool and re-focus. Some people feel that photography can be a mindfulness practice because of the heightened awareness of the world around you.

In this 5-week session, Bruce Harrison, an attorney and accomplished photographer, will teach exercises that can help you improve your photography technique and help you derive more pleasure from the images you capture. Bruce believes that everyone can develop their own photographic sensibility and create meaningful personal images, and he enjoys working with both experienced and amateur photographers.

This workshop is open to all levels and camera types, including smart phones. This summer's session will be of equal benefit to those who have and have not previously taken a course with Bruce, who assures us he has a few surprises in store for attendees.

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

### Breast Cancer: Highlights from the 2018 American Society of Clinical Oncology (ASCO) Meeting

Monday, July 16, 7:00 – 8:30 PM

House Calls Speaker: Robert Donegan, MD

Dr. Robert Donegan, Medical Oncologist/Hematologist at the Sandra and Malcolm Berman Cancer Institute at Greater Baltimore Medical Center, will present the latest information in breast cancer treatment discussed at the Annual American Society of Clinical Oncology meeting.

- This is ASCO's premier educational and scientific event.
- Dr. Donegan will provide a rare opportunity to learn about the most current developments in breast cancer care.
- There will be ample opportunity for questions.

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### Out of the Fog: Optimizing Cognitive Health in the Face of Cancer-Related Cognitive Changes

Tuesday, July 17, 6:30 – 8:00 PM

House Calls Speaker: Tracy Vannorsdall, PhD, ABPP



During and after cancer treatment, many patients experience a mental fog commonly known as "chemo brain." This phenomenon can significantly impact a patient's quality of life by interfering with memory, recall, concentration and problem solving.

Please join Tracy Vannorsdall, PhD, ABPP, Assistant Professor at Johns Hopkins University School of Medicine Department of Psychiatry and Behavioral Sciences, for a discussion about this frustrating and often debilitating phenomenon. She will discuss triggers and possible causes of chemo brain, how to recognize symptoms and will offer tips and strategies for managing and coping with these side effects. She will also talk about ongoing research in this area.

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### Art Class: Mosaic Making

Thursday, July 19, 1:00 – 2:30 PM

Instructor: David Cunningham

Please join David Cunningham, our visiting artist, for a unique exploration of Mosaic Making with polymer clay. A series of mixed colors and blends of clay will be made during our class. The result will be a sculptural mosaic form made up of connected squares from a variety of group made patterns. Each sculpture will be individual. The shape and control will be directed by each participant. No experience needed. Feel free to bring a wooden shape no larger than a postcard.

Materials will be provided.

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### Pancreatic Cancer Support and Networking Group

Thursday, July 19, 6:30 – 8:00 PM

Facilitator: Veronica Land Davis, LCSW-C

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. 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.

*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.*

### Lung Cancer and Clinical Trials

Monday, July 23, 6:30 – 8:00 PM

House Calls Speaker:

Peggy Fitzpatrick, MSN, RN

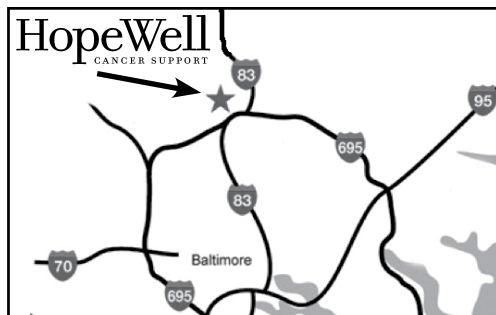


Are you interested in better understanding what clinical trials are all about, specifically for lung cancer, but aren't sure how or where to get reliable information? Please join Peggy Fitzpatrick, MSN, RN, Senior Oncology Research Nurse, Sidney

Kimmel Comprehensive Cancer Center, Johns Hopkins Bayview Medical Center, Lung Cancer Program, to find the answers to these questions and more. She will discuss how a clinical trial works, the potential benefit, the questions to ask your health care provider, and how to access and find out whether you are eligible.

There will be ample opportunity for questions.

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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

# HopeWell Happenings

July 2018

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

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

### Concentration, Relaxation and Meditation

*This Month's Theme: Practical Tips and Tools*

Tuesdays, July 3, 10, 17, 24, 31  
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.

Please join us this month as we explore practical tips and tools for managing anxiety, stress and pain using the book, *The Mindfulness Toolbox* by Donald Altman, M.S., LPC, as a resource. We will focus on making the practice of mindfulness accessible in fresh, new ways.

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

### A Community Conversation: Reengagement, Renewal, Reunion

Monday, July 9  
Lunch: 12:00 – 12:30 PM  
Conversation: 12:30 – 2:00 PM

2018 is a milestone for HopeWell – our 25th year as a community.

Like putting together a large, multi-generation family reunion – we have the dream of reaching out to, and bringing back, past participants to share in a Fall celebration – our biggest reunion ever! How does that idea strike you? Imagine meeting people who were in the very FIRST support groups – the first yoga class – first Kids Circle . . . and everyone since.

We believe that it is an exciting opportunity to re-engage members of our HopeWell family and we wonder, "What do you think?"

Please come and take part in this conversation – no matter how long you've been coming – or if you haven't been here in a while. We'd love to talk about how you can get involved in helping to make our 25th anniversary dream come true!

A light lunch will be served.

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

### Sound Meditation – New Series Starting!

Wednesdays, July 11, 18, 25  
9:30 – 10:30 AM

Instructor: Elaine Wujcik, RN, RYT-200, Certified in Sound Massage and Health Coaching

Facilitator: Carole Sharp, LCSW-C



Through the use of Himalayan singing bowls, sound meditation offers a unique method of rest and renewal. Participants lie comfortably on blankets and mats or seated in chairs. By the end of a "sound bath" many people experience deep relaxation and a sense of increased resilience and well-being.

Often, the more one experiences sound meditation, the greater and more long lasting are the benefits.

We will not only practice sound meditation, but will allow time to explore and deepen the experience through group sharing and support.

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### Creating Healing Images –

*Now a Drop-In Group!*

Wednesdays, July 11, 18, 25  
12:30 – 2:00 PM

Facilitator: Wanda Harrison, LCSW-C

The simple act of drawing is a not only a way to express one's self creatively, but as research is showing, can help to generate positive feelings and improved mood.

Using basic materials, e.g., pastel chalks, oil based pastels and color pencils, join others to find enjoyment by creating and sharing your drawings. This group will provide a supportive experience that is sure to delight and surprise!

No art experience is needed. We invite you to drop by the group and find out for yourself.

### Healthy Lunch Club – Healthy Dips, Spreads and Hors D'oeuvres

Thursday, July 12

Lunch: 12:15 – 12:30 PM

Program: 12:30 – 1:45 PM

Facilitator: Sharon Calvano, LCSW-C

Quick, easy and healthy small plates are a great way to eat in the summer. And, they are the perfect solution when we are looking to eat lighter as the temperature rises. With the beautiful and bountiful fruits and vegetables of the season abounding, this is the ideal time to get creative with healthy dips, spreads and hors d'oeuvres. Bring your favorite recipes to share with the group and Sharon will do the same.

Please bring a healthy dish to share.

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

### Mindfulness Meditation 8-Week Course – New Series Starting!

Friday, July 13, 10:00 AM – Noon

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.

Please note: We need a minimum of 12 people signed up in advance to hold this class.

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

### Creative Photography: A Way to Re-Focus and De-Stress – New!

Mondays, July 16, 23, 30, August 6, 20  
1:00 – 2:30 PM

Guest Instructor: Bruce Harrison

As an expressive art, photography offers a way for people living with cancer to manage

(continued on back)