

# OCTOBER 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>✓ 9:30 am Walk with Hope: One Step at a Time <b>NO GROUP</b></p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 6:30 pm Sound Meditation: A Five Week <b>Evening</b> Group Experience <i>New Series Starting!</i> (Week 1)</p> <p>○ 7:00 pm Breast Cancer Group</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 6:00 pm Yoga</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>✓ 9:30 am Sound Meditation <b>NO GROUP</b></p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Creating Healing Images</p>	<p>○ 9:15 am T'ai Chi</p> <p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 12:15 pm Lunch and Learn – Common Sense Physical Therapy <i>Good Posture, Good Alignment: Fact and Fiction</i></p> <p><i>* House Calls Speaker: Bonnie Schulman, PT</i></p>	<p>✓ 11:00 am The Art of Beading: Wire Wrap Bead Soup Earrings</p> <p>○ 1:00 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone</p>
7	<p>○ 9:30 am Walk with Hope: One Step at a Time <i>New Fall Series Starting!</i> (Week 1)</p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 12:30 pm Look Good, Feel Better</p> <p>✓ 6:30 pm Sound Meditation: A Five Week <b>Evening</b> Group Experience (Week 2)</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 3:00 pm Metastatic Breast Cancer Support Group – <i>New Time, New Facilitator!</i></p> <p>○ 6:00 pm Yoga</p> <p>■ 6:30 pm Adult Bereavement Group</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>✓ 9:30 am Sound Meditation: A Four Week <b>Morning</b> Group Experience <i>New Series Starting!</i> (Week 1)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Creating Healing Images</p>	<p>○ 9:15 am T'ai Chi</p> <p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 12:15 pm Healthy Lunch Club – Eating Healthy on a Budget</p> <p><i>* House Calls Speaker: Mandy Katz, MS, RD, CLC, LDN</i></p> <p>○ 7:00 pm Ovarian Cancer Group</p>	<p>✓ 11:00 am Coloring the Spaces, Clearing the Mind</p> <p>○ 1:00 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone</p> <p>✓ 12:15 pm The Healing Benefits of Music</p> <p><i>* House Calls Speaker: Molly Griest, MMT, MT-BC</i></p>
14	<p>○ 9:30 am Walk with Hope: One Step at a Time (Week 2)</p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 12:15 pm Lunch &amp; Learn – Cancer and Trauma</p> <p><i>* House Calls Speaker: Laura Hoofring, RN</i></p> <p>✓ 6:30 pm Sound Meditation: A Five Week <b>Evening</b> Group Experience (Week 3)</p> <p>○ 7:00 pm Breast Cancer Group</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 3:00 pm Zentangle®</p> <p><i>* Guest Instructor: Becky Boynton, CZT</i></p> <p>○ 6:00 pm Yoga</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>✓ 9:30 am Sound Meditation: A Four Week <b>Morning</b> Group Experience (Week 2)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Creating Healing Images</p>	<p>○ 9:15 am T'ai Chi</p> <p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 1:00 pm Art Class: 3-D Paper Collage and Card Making</p> <p>○ 6:30 pm Pancreatic Cancer Support and Networking Group</p> <p><i>*With thanks to the Rosenberg Foundation</i></p>	<p>○ 1:00 pm Yoga Nidra <b>NO CLASS</b></p>	<p>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone</p>
21	<p>○ 9:30 am Walk with Hope: One Step at a Time (Week 3)</p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 12:30 pm Needlework...Craft &amp; Meditation</p> <p>✓ 6:30 pm Sound Meditation: A Five Week <b>Evening</b> Group Experience (Week 4)</p> <p>○ 6:30 pm Brain Tumor Support Group</p> <p>○ 6:30 pm Lung Cancer Support Group</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 3:00 pm Metastatic Breast Cancer Support Group</p> <p>○ 6:00 pm Yoga</p> <p>■ 6:30 pm Adult Bereavement Group</p> <p>✓ 6:30 pm Parent Grief Group with Children and Teens</p> <p>○ 6:30 pm Blood Cancer Support and Networking Group</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>✓ 9:30 am Sound Meditation: A Four Week <b>Morning</b> Group Experience (Week 3)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Creating Healing Images</p>	<p>○ 9:15 am T'ai Chi</p> <p>○ 11:00 am Stretch and Tone</p> <p>○ 12:00 pm Welcome Meeting</p> <p>✓ 1:30 pm Line Dancing!</p> <p>○ 7:00 pm Ovarian Cancer Group</p>	<p>✓ 10:00 am Mindfulness Meditation – <i>New Series Starting!</i> (Week 1)</p> <p>○ 1:00 pm Yoga Nidra</p>	<p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone</p>
28	<p>○ 9:30 am Walk with Hope: One Step at a Time (Week 4)</p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 12:15 pm Lunch &amp; Learn – Medical Cannabis in Maryland: An Update of What You Need To Know</p> <p><i>* House Calls Speaker: Joy Strand, Executive Director, Maryland Medical Cannabis Commission</i></p> <p>✓ 6:30 pm Sound Meditation: A Five Week <b>Evening</b> Group Experience (Week 5)</p>	<p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 6:00 pm Yoga</p> <p>○ 7:00 pm Welcome Meeting</p>	<p>✓ 9:30 am Sound Meditation: A Four Week <b>Morning</b> Group Experience (Week 4)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Creating Healing Images</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**



## Lunch & Learn – Cancer and Trauma

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



House Calls Speaker:  
Laura Hoofring, RN

A diagnosis of cancer and all that follows precipitates a wide range of feelings and reactions over time. This is sometimes described in terms of emotional trauma.

In fact, any life threatening event including that of being diagnosed with a disease such as cancer can be traumatizing.

Understanding the concept of trauma and related stress reactions as a function of cancer and survivorship can be helpful in learning to cope. Please join Laura Hoofring, RN, Psychiatric Liaison Nurse, The Sidney Kimmel Comprehensive Cancer Center, Johns Hopkins Hospital, to learn about cancer as a trauma including symptoms, their management, strategies for reducing distress, improving quality of life and current research.

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

## Zentangle®

Tuesday, October 16, 3:00 – 4:30 PM

Guest Instructor: Becky Boynton, CZT

The Zentangle Method is a simple, relaxing, and fun way to create beautiful abstract designs by drawing structured patterns. Join Becky Boynton, a Certified Zentangle Teacher, to learn this step by step method to create something unexpected and creative. “Tangling” is calming, reduces stress, improves focus and can build self-confidence. Think you cannot draw? You will likely be pleasantly surprised.

This workshop is geared towards the first-time participant as well as those with previous experience. New patterns will be presented.

All materials will be provided. If you wear reading glasses, please bring them.

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

## Art Class: 3-D Paper Collage and Card Making

Thursday, October 18, 1:00 – 2:30 PM

Instructor: David Cunningham

Our visiting artist, David Cunningham, invites you to participate in learning and practicing the art of paper collage and 3-D pop-up and pop-out processes. We will work with cardstock and various papers to create a personal card with various folds and cut sections which can include wire and tape for a special touch.

No prior experience needed to enjoy this creative sharing time with David.

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

## Pancreatic Cancer Support and Networking Group

Thursday, October 18, 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.

*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.*

## Mindfulness Meditation: An Eight-Week Course

New Series Starting!

Friday, October 26, 10:00 AM – Noon

Instructor: Lee Halfpenny, RYT

This class presents meditation, breath work and yoga as critical skills for managing life's challenges.

*\*We need a minimum of 12 people signed up in advance to hold this class. Please show your interest and support. Once we have our minimum, we will announce the starting date for the class.*

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

## Parent Grief Group with Children and Teens

Tuesday, October 23, 6:30 – 8:00 PM

Facilitator: Pia May, LCSW-C

This group, for parents of children and teens, provides the opportunity for bereaved adults with young families, to focus on their own grieving. Together participants find ways to navigate the complexities of raising children on their own while grieving the loss of their partner.

Children and teens are welcome to attend this session. There will be activities for them included in the program.

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## Medical Cannabis in Maryland: An Update of What You Need To Know

Monday, October 29

Lunch: 12:15 – 12:30 pm

Program: 12:30 – 2:00 PM

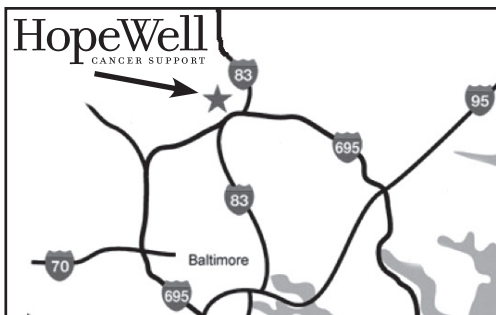


House Calls Speaker: Joy Strand, Executive Director, Maryland Medical Cannabis Commission

Medical cannabis is now legally available to qualifying patients in Maryland and is approaching the first anniversary of its availability.

Please join Joy Strand to learn about all the details of the program including who is eligible, what is required to register, the physician's role, information for caregivers, dispensaries, financial and insurance issues, products, etc. This program will include any new developments and the most recent information on the topic since the last presentation. There will be plenty of time for questions.

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



## Stay connected to HopeWell!

Facebook.com/HopeWellCancerSupport

Instagram/HopeWellCancerSupport

YouTube/HopeWell Baltimore

# HopeWell Happenings

October 2018

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

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

### Sound Meditation: Two Options in October

**A Five-Week Evening Group Experience New Series Starting!**

Mondays, October 1, 8, 15, 22, 29  
6:30 – 7:30 PM

**A Four-Week Morning Group Experience New Series Starting!**

Wednesdays, October 10, 17, 24, 31  
(No Group on 10/3) 9:30 – 10:30 AM



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

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.

In both the morning series and the evening series, we will not only practice sound meditation, but will allow time to explore and deepen the experience through group sharing and support.

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

### Walk with Hope: One Step at a Time

New Fall Series Starting!

Mondays, October 8, 15, 22, 29  
(No Group on 10/1) 9:30 – 10:30 AM



Instructor: Andy Giordano

Join Andy Giordano, Fitness Instructor, who leads our walking group. He includes warm ups, walking tips and techniques, goal setting and tracking progress. This is an easy way to build

more exercise into you weekly routine. It can help to improve the cardiovascular system,

increase muscle strength and endurance, and improve coordination and balance. Plus this is a great opportunity to kick off your week in a positive way and socialize at the same time.

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

### Lunch and Learn – Common Sense Physical Therapy is Back!

**Good Posture, Good Alignment: Fact and Fiction**

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

House Calls Speaker: Bonnie Schulman, PT

Good posture is at the core of reducing physical stress and pressure on our bodies. It not only can influence our physical well-being, but our emotional and mental health as well. Imbalances here can cause and impact health issues. Please join Bonnie Schulman, Physical Therapist, to learn the facts and myths about this topic and what you can do to make improvements.

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

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

### Look Good...Feel Better

Monday, October 8, 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.

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

### Metastatic Breast Cancer Support Group – New Time, New Facilitator!

Tuesdays, October 9 and 23  
3:00 – 4:30 PM

Facilitator: Susan Glore, LCPC

This twice a month drop in group, formed especially for women with metastatic breast cancer, focuses on the unique challenges

they face living with this disease. Join other women to share information, discuss common concerns and find mutual support.

### Healthy Lunch Club – Eating Healthy on a Budget

Thursday, October 11

Lunch: 12:15 - 12:30 PM

Program: 12:30 – 2:00 PM



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

If you think eating healthy is too expensive, then this presentation is for you. Learn how to stretch your dollars to provide nutritious and delicious meals on a budget. Please join Mandy Katz, In-Store Nutritionist at Giant Food – Lutherville, who will share tips for meal-planning as well as affordable recipes that will reduce food waste and improve your diet.

Please bring a healthy dish to share.

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

### The Healing Benefits of Music

Saturday, October 13, 12:15 – 1:45 PM

House Calls Speaker: Molly Griest, MMT, MT-BC

Please join us for this very unique opportunity to learn about and experience the healing benefits of music. Molly Griest, Music Therapist, will show us ways music and music therapy can be incorporated into cancer treatment to help alleviate adverse treatment side effects and provide an overall sense of well-being. She will demonstrate and invite you to participate in this therapeutic process by singing and listening to music and will offer the chance to take part in a music-facilitated relaxation experience. Come prepared to have fun and participate.

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

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)