

# JANUARY 2019

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><b>HopeWell's Winter Weather Policy</b></p> <p>HopeWell will follow Baltimore County's public school closure policy for inclement weather. Information can be found at . . . <a href="https://www.bcps.org/status/">https://www.bcps.org/status/</a></p>	<p><b>HopeWell Closed</b> <b>Holiday Season</b></p> <p><i>No Classes or Groups</i></p>	<p><b>1</b></p> <p>○ 9:30 am Sound Meditation: A Five Week <b>Morning</b> Group Experience – <b>January Series Starting!</b> (Week 1)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Art for Healing – <b>Final 2 Weeks of Series</b> (Week 7)</p>	<p><b>2</b></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 Munch and Learn – Common Sense Physical Therapy <b>Refining Movement: Head, Neck, Shoulders, Spine, Oh My!</b></p> <p>* House Calls Speaker: <i>Bonnie Schulman, PT</i></p>	<p><b>3</b></p> <p>○ 1:00 pm Yoga Nidra</p>	<p><b>4</b></p> <p>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone</p>	<p><b>5</b></p>	
<p><b>6</b></p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 1:00 pm Zentangle®</p> <p>* Guest Instructor: <i>Becky Boynton, CZT</i></p> <p>✓ 6:30 pm Sound Meditation: A Three Week <b>Evening</b> Group Experience – <b>January Series Starting!</b> (Week 1)</p> <p>○ 7:00 pm Breast Cancer Support Group</p>	<p><b>7</b></p> <p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 3:00 pm Metastatic Breast Cancer Group</p> <p>○ 6:00 pm Yoga</p> <p>■ 6:30 pm Adult Bereavement Group</p> <p>○ 7:00 pm Welcome Meeting</p>	<p><b>8</b></p> <p>✓ 9:30 am Sound Meditation: A Five Week <b>Morning</b> Group Experience (Week 2)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Art for Healing – <b>Final Week</b></p>	<p><b>9</b></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 – Creative &amp; Cozy Winter Cooking: Demonstration with "Chef Egg"</p> <p>* Guest Instructor: <i>Erik Berlin, Chef</i></p> <p>○ 7:00 pm Ovarian Cancer Group</p>	<p><b>10</b></p> <p>✓ 11:00 am Coloring the Spaces, Clearing the Mind</p> <p>○ 1:00 pm Yoga Nidra</p>	<p><b>11</b></p> <p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone</p>	<p><b>12</b></p>	
<p><b>13</b></p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 6:30 pm Sound Meditation: A Three Week <b>Evening</b> Group Experience (Week 2)</p>	<p><b>14</b></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><b>15</b></p> <p>✓ 9:30 am Sound Meditation: A Five Week <b>Morning</b> Group Experience (Week 3)</p> <p>○ 11:00 am Qigong</p> <p>✓ 12:15 pm Munch and Learn – Cancer Survivorship: Creating Your Plan, Navigating Your Journey</p> <p>* House Calls Speaker: <i>Youngjee Choi, MD</i></p>	<p><b>16</b></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 The Art of Beading: Fabric Earrings Wrapped With Beads and Wire</p> <p>○ 6:30 pm Pancreatic Cancer Support and Networking Group</p> <p>* With thanks to the Rosenberg Foundation</p>	<p><b>17</b></p> <p>✓ 11:00 am Line Dancing!</p> <p>○ 1:00 pm Yoga Nidra</p>	<p><b>18</b></p> <p>○ 9:00 am Yoga</p> <p>○ 10:15 am Couples Group</p> <p>○ 10:30 am Strength and Tone</p>	<p><b>19</b></p>	
<p><b>20</b></p> <p><b>HopeWell Closed</b> <b>Martin Luther King, Jr. Day</b></p> <p><i>No Classes or Groups</i></p>	<p><b>21</b></p> <p>○ 10:45 am Yoga</p> <p>○ 12:00 pm Concentration, Relaxation, Meditation</p> <p>○ 3:00 pm Metastatic Breast Cancer 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 – Invisible String Workshop</p> <p>○ 6:30 pm Blood Cancer Group</p> <p>○ 7:00 pm Welcome Meeting</p>	<p><b>22</b></p> <p>✓ 9:30 am Sound Meditation: A Five Week <b>Morning</b> Group Experience (Week 4)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Creating Healing Images</p>	<p><b>23</b></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: Silk Screen Printing</p> <p>○ 7:00 pm Ovarian Cancer Group</p>	<p><b>24</b></p> <p>○ 1:00 pm Yoga Nidra</p>	<p><b>25</b></p> <p>○ 9:00 am Yoga</p> <p>○ 10:30 am Strength and Tone</p>	<p><b>26</b></p>	
<p><b>27</b></p> <p>○ 11:00 am Strength and Tone</p> <p>✓ 12:30 pm Needlework...Craft and Meditation</p> <p>✓ 6:30 pm Sound Meditation: A Three Week <b>Evening</b> Group Experience (Week 3)</p> <p>○ 6:30 pm Brain Tumor Support Group</p> <p>○ 6:30 pm Lung Cancer Support Group</p>	<p><b>28</b></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><b>29</b></p> <p>✓ 9:30 am Sound Meditation: A Five Week <b>Morning</b> Group Experience (Week 5)</p> <p>○ 11:00 am Qigong</p> <p>○ 12:30 pm Creating Healing Images</p>	<p><b>30</b></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>✓ 12:30 pm A Warming Conversation with Suzanne</p>	<p><b>Stress Reduction through Mindfulness</b></p> <p><i>New 8 week Session Forming in February!</i></p> <p>Be present • Control stress • Cultivate a meditation practice</p> <p>For more information, call 410.832.2719</p>			<p><b>31</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**

## Pancreatic Cancer Support and Networking Group

Thursday, January 17, 6:30 – 8:00 PM

Facilitator: Veronica Land-Davis, LCSW-C

This monthly group, specifically 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.*

## Line Dancing!

Friday, January 18, 11:00 AM – 12:00 PM

Instructor: Wanda Harrison, LCSW-C

Get up, get out and get moving to a new beat at Line Dancing. Reconnect, socialize and get exercise, all at the same time.

Meet in the barn, 2nd floor. All are welcome.

[rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) and specify which program(s) you would like to attend.

## Parent Grief Group with Children and Teens

### Invisible String Workshop (For Children ages 8 and above)

Tuesday, January 22, 6:30 – 8:00 PM

Guest Instructor: Donna Kane, MA



Facilitator: Pia May, LCSW-C

Join us as we welcome Donna Kane from Jewish Community Services, who will lead us in an "Invisible String Workshop". Kids will make bracelets and discuss ways to continue their connection with their

deceased loved one, as if attached to each

other by an "invisible string". While the kids are meeting, parents are either participating or meeting with other parents.

[rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) and specify which program(s) you would like to attend.

## Creating Healing Images – Now a Drop-In Group!

Wednesdays, January 23, 30  
12:30 – 2:00 PM

Facilitator: Wanda Harrison, LCSW-C

Research is showing that the simple act of drawing is a not only a way to express oneself creatively, but can also help to generate positive feelings and improved mood.

Please join us as we use basic materials, e.g. pastel chalks, oil based pastels and colored pencils, to find enjoyment in creating and sharing drawings. This group will provide a supportive experience that is sure to delight and surprise!

No experience necessary. We invite you to drop by the group and discover for yourself the healing power of art.

## Art Class: Silk Screen Printing

Thursday, January 24, 1:00 – 2:30 PM

Instructor: David Cunningham

January's project will involve a unique session in silkscreen printing. We will create a group print with silkscreen as our method of graphic reproduction.

Join us as we enter into a collaborative process of creating a print based on bold drawing, and transfer it to a screen using a special process. We will mask the screen, transfer the design, and print – all in one session. Use of color will be limited. Come experience a wonderful exploration in non-digital graphic reproduction.

[rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) and specify which program(s) you would like to attend.

## A Warming Conversation with Suzanne

Thursday, January 31, 12:30 – 2:00 PM

It's the New Year and HopeWell is celebrating its 25th anniversary! Come enjoy your favorite hot beverage and some sweet treats and join HopeWell's Executive Director, Suzanne Brace, for a conversation about where we've come from and where we are going. As always, HopeWell learns best from conversing with members of our community.

[rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) and specify which program(s) you would like to attend.

## Stress Reduction through Mindfulness

### New 8 week Session!

Fridays 10:00am – 12:00 pm,  
To start February 8th

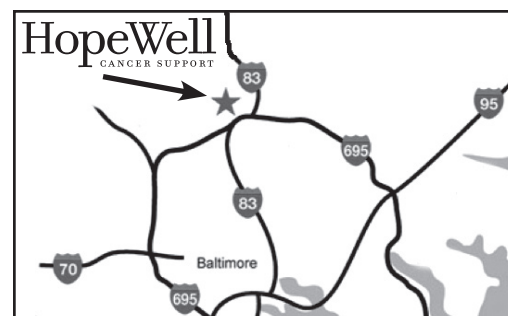
Instructor: Lee Halfpenny, RYT

This class presents meditation, breath work and yoga as critical skills for managing life's challenges. These practices enable participants to:


- Be present.
- Control stress.
- Cultivate a meditation practice.

*\*We need a minimum of 12 people signed up in advance to hold this class. Please reply to [rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) to express your interest and support. Once we have reached our minimum number of attendees, we will email you a program confirmation.*


For more information, call 410.832.2719.



## Stay connected to HopeWell!

 Facebook.com/HopeWellCancerSupport

 Instagram/HopeWellCancerSupport

 YouTube/HopeWell Baltimore

# HopeWell Happenings

January 2019

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

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

## Sound Meditation: Two Options in January

A Five Week Morning Group Experience  
*January Series Starting!*  
Wednesdays, January 2, 9, 16, 23, 30  
9:30 – 10:30 AM

A Three Week Evening Group Experience  
*January Series Starting!*  
Mondays, January 7, 14, 28  
(No Group on 1/21) 6:30 – 7:30 PM



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/mats or seated in chairs. By the end of a "sound bath" many 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 series, we will also allow time to explore and deepen the experience through group sharing and support.

[rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) and specify which program(s) you would like to attend.

## Munch and Learn\* – Common Sense Physical Therapy

### Refining Movement: Head, Neck, Shoulders and Spine, Oh My!

Thursday, January 3  
Lunch: 12:15 – 12:30 PM  
Program: 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

It's important to understand how our "moving parts" work together to improve our overall quality of movement. Please join Bonnie to learn to differentiate the parts to enhance the whole. As always, Bonnie will include demonstration and experiential exercises.

*Note: Please wear comfortable clothing.*

*\*Please bring a brown bag lunch. Light snacks will be provided.*

[rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) and specify which program(s) you would like to attend.

## Zentangle®

Monday, January 7, 1:00 – 2:30 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. "Tangling" is calming, reduces stress, improves focus and can build self-confidence. Think you can't 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) and specify which program(s) you would like to attend.

## Healthy Lunch Club

### Creative & Cozy Winter Cooking: Demonstration with "Chef Egg"

Thursday, January 10  
Lunch: 12:15 – 12:30 PM  
Program: 12:30 – 2:00 PM

Guest Instructor: Erik Berlin, Chef

Cold weather often brings cravings for comfort food, the kind that is generally high in calories and carbohydrates. However, it is possible to prepare healthy meals that also satisfy the desire for hearty and cozy food to warm the soul. Chef Egg will demonstrate the preparation of new and nutritious recipes.

*Please bring a healthy dish to share.*

[rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) and specify which program(s) you would like to attend.

## Munch and Learn\*

### Cancer Survivorship: Creating Your Plan, Navigating Your Journey

Wednesday, January 16  
Lunch: 12:15 – 12:30 PM  
Program: 12:30 – 2:00 PM



House Calls Speaker: Youngjee Choi, MD

What does it mean to be a cancer survivor? What does the research show in terms of the post treatment health care needs of survivors? How do you ensure clear and

complete communication between your primary care physician and your oncologist? How do you best advocate for yourself to be sure your cancer care and primary care providers are working together?

Dr. Youngjee Choi, MD, Assistant Professor of Medicine at the Johns Hopkins University School of Medicine, will discuss these questions and more. Her areas of clinical expertise include internal medicine, cancer survivorship and primary care, and her areas of clinical interest include improving the delivery of care for cancer survivors.

*\*Please bring a brown bag lunch. Light snacks will be provided.*

[rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) and specify which program(s) you would like to attend.

## The Art of Beading: Fabric Earrings Wrapped with Beads and Wire

Thursday, January 17, 1:00 – 2:30 PM

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

Beading can help you to relax, focus and express yourself. Join Jackie and Patti to make a pair of fun fabric earrings that are wrapped with wire and beads. All materials will be provided. If you have beading tools, please bring them to class. This class is great for all levels; no experience necessary.

[rspv@hopewellcancersupport.org](mailto:rspv@hopewellcancersupport.org) and specify which program(s) you would like to attend.

 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](http://www.hopewellcancersupport.org)

If you have any questions:

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