

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
<p align="center">HopeWell's Winter Weather Policy</p> <p align="center">HopeWell will follow the Baltimore County Public School's cancellation policy for inclement weather. (If schools are closed for the day, there will be no day OR evening classes/groups. If there is a two-hour delay, then HopeWell will open at 11:00 am.) Information can be found online at https://www.bcps.org/status/ or by calling the BCPS status information line at 443.809.5555 or on the radio and television.</p>					1	2						
3	<ul style="list-style-type: none"> ○ 11:00 am Strength and Tone ✓ 1:00 pm Zentangle® <i>* Guest Instructor: Becky Boynton, CZT</i> ○ 6:30 pm Sound Meditation Evening Group ○ 7:00 pm Breast Cancer Support Group 	4	<ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting 	5	6	7	<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 – Spring Forward with Chef Egg <i>* Guest Instructor: Erik Berlin</i> 	8	<ul style="list-style-type: none"> ✓ 10:00 am Stress Reduction Through Mindfulness (Week 4) ○ 1:00 pm Yoga Nidra 	9	<ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone 	
10	<ul style="list-style-type: none"> ○ 11:00 am Strength and Tone ✓ 12:30 pm Needlework...Craft and Meditation ○ 6:30 pm Sound Meditation Evening Group 	11	<ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 3:00 pm Metastatic Breast Cancer Support Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ○ 7:00 pm Welcome Meeting 	12	13	14	<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 Munch and Learn – Common Sense Physical Therapy <i>* House Calls Speaker: Bonnie Schulman, PT</i> ✓ 2:30 pm Cookies and Conversation ○ 7:00 pm Ovarian Cancer Group 	15	Instructor Away / CLASSES CANCELED		16	<ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone
17	<ul style="list-style-type: none"> ○ 11:00 am Strength and Tone ✓ 12:30 pm Put Your Best Face Forward – New Workshop! <i>* Guest Instructor: Michelle Ward, Licensed Cosmetologist</i> ○ 6:30 pm Sound Meditation Evening Group ○ 7:00 pm Breast Cancer Support Group 	18	<ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting 	19	20	21	<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: Collagraphs and Print Making ○ 6:30 pm Pancreatic Cancer Support Group <i>* With thanks to the Rosenberg Foundation</i> 	22	Instructor Away / Meditation and Yoga Nidra CANCELED		23	<ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone ✓ 12:00 pm Kids Circle
24	<ul style="list-style-type: none"> ○ 11:00 am Strength and Tone ✓ 12:15 pm Munch and Learn – Let My Clutter Go <i>* Guest Speaker: Cindy Bernstein, Professional Organizer</i> ○ 6:30 pm Brain Tumor Support Group ○ 6:30 pm Lung Cancer Support Group ○ 6:30 pm Sound Meditation Evening Group 	25	<ul style="list-style-type: none"> ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 3:00 pm Metastatic Breast Cancer Support Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ✓ 6:30 pm Parent Grief Group ✓ 6:30 pm Blood Cancer Group ○ 7:00 pm Welcome Meeting 	26	27	28	29	<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: Colorful Aluminum Wire Wrap Earrings ✓ 7:00 pm Ovarian Cancer Group 	30	<ul style="list-style-type: none"> ✓ 10:00 am Stress Reduction Through Mindfulness (Week 6) ○ 1:00 pm Yoga Nidra 	<ul style="list-style-type: none"> ○ 9:00 am Yoga ○ 10:30 am Strength and Tone 	

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**

reason for HopeWell. We'd love to talk about how you can get involved in helping to make our 25th anniversary dreams come true!

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

Put Your Best Face Forward – New Workshop!

Monday, March 18, 12:30 – 2:30 PM

Guest Instructor: Michelle Ward

Bring your favorite cosmetics and join us for an interactive demonstration with licensed cosmetologist Michelle Ward. Michelle has over 24 years' experience in cosmetology and over seven years' experience working with cancer patients. She will share tips and tricks on the best way to apply your make-up to address your unique needs and problem areas, as well as assistance with any appearance-related side effects resulting from treatment. In addition to advice on skin care, hair and scalp issues, she will provide guidance on selecting wigs and head coverings.

Program participants should bring what you have of the following (NO cosmetics will be provided):

- Foundation and/or powder
- Concealer
- Blush
- Eyebrow pencil
- Eyeshadows
- Eyeliner
- Mascara
- Lip liner/lip stick

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

Art Class: Collagraphs and Print Making

Thursday, March 21, 1:00 – 2:30 PM

Instructor: David Cunningham

In March, we will be invited by our visiting artist to engage with color printmaking via a relief printing process utilizing cardboard, foam, yarn and tape under an inked surface. Collagraphs are unique forms of collaged graphics, where we can explore with multiple

surface textures to get exciting handmade prints created during the class.

David will encourage hand coloring of each piece prior to the printing, in order to increase the brilliance of our results in the proofing process. No experience necessary.

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

Pancreatic Cancer Support and Networking Group

Thursday, March 21, 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.

Kids Circle

Saturday, March 23, 12:00 – 2:00 PM

Facilitators: Wanda Harrison, LCSW, HopeWell Staff

This program is for children between the ages of 5-12 who have a parent, grandparent, close relative or close family friend living with cancer. Children follow a curriculum of activities: discussion, crafts and other age-appropriate activities that support family attachments, dispel myths associated with cancer, bolster self-confidence, and increase knowledge. Emphasis is on coping with change, identifying feelings, developing new coping skills, and boosting self-esteem.

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

Munch and Learn* Let My Clutter Go –

Back by Popular Demand!

Monday, March 25

Social Time: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM



Guest Speaker: Cindy Bernstein, Professional Organizer

You may wonder what the connection is between clutter and living with cancer. Consider this:

- When your environment is disorganized, it may contribute to anxiety and make it hard to focus on your health.
- Too much "stuff" can be distracting, making mindfulness meditation more difficult to practice.

Additionally, after having been diagnosed with cancer, it's not uncommon for people to feel differently about material things; they may no longer seem as important as they once did.

Getting rid of physical clutter can be overwhelming, both physically and emotionally. Cindy Bernstein, Professional Organizer and Owner of Aim 4 Order, will discuss the barriers to decluttering and share practical tips and resources to inspire you to get started.

** Light snacks will be provided. You are welcome to bring your own bag lunch.*

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

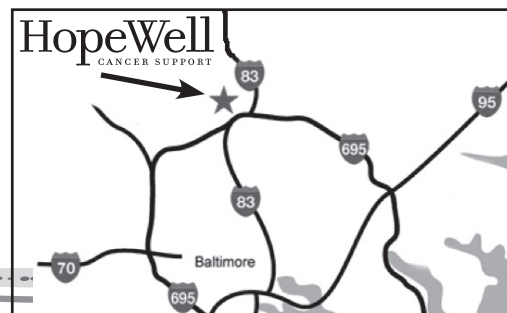
The Art of Beading: Colorful Aluminum Wire Wrap Earrings

Thursday, March 28, 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 several pairs of colorful wire wrap earrings. Just in time for spring! 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.

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

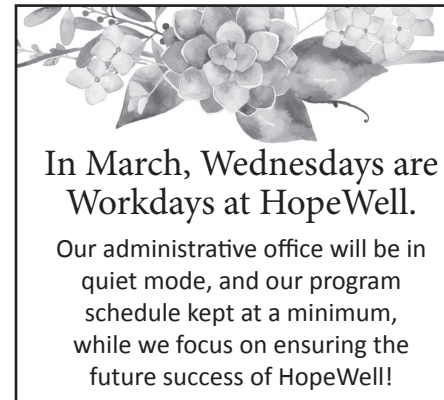


HopeWell Happenings

March 2019

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN MARCH

HopeWell's programs are always offered at no charge!



In March, Wednesdays are Workdays at HopeWell.

Our administrative office will be in quiet mode, and our program schedule kept at a minimum, while we focus on ensuring the future success of HopeWell!

Stress Reduction through Mindfulness Continues*

** Due to the nature of these classes building on prior instruction, they are open only to those who began the class in February OR who have taken previous Mindfulness Meditation classes.*

Fridays, March 1, 8 and 29
(NO CLASS March 15 or 22)

10:00 AM – 12:00 PM

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.

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

Zentangle®

Monday, March 4, 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.

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

Sound Meditation – Now a Drop-In Group!



Monday Evenings,
March 4, 11, 18, 25
6:30 – 7:30 PM

Wednesday Mornings,
March 6, 13, 20, 27
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/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.

There will also be time to explore and deepen the experience through group sharing and support.

Healthy Lunch Club* – Spring Forward with Chef Egg

Thursday, March 7
Lunch: 12:15 PM

Program:
12:30 – 2:00 PM

Guest Instructor: Erik Berlin



Chef Egg's mission is to free everyone from a boxed, frozen and fast food prison by teaching you how to really get cooking! Not just show you a recipe, but also give you the details you need to claim your culinary independence. From the grocery store to the kitchen table, you'll learn the basics of how to prepare, cook

and serve simple and tasty meals.

As we welcome the start of spring, we begin to crave a different type of food. Join Chef Egg for a lively cooking demonstration making the most of readily available fruits and vegetables. He will share new recipes and explain how to prepare nutritious, delicious and economical dishes that are inspired by the change in the season; easy to create and sure to please the palate.

** HopeWell will provide a light lunch and there will be samples from the presentation. No need to bring anything.*

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

Munch and Learn* – Common Sense Physical Therapy Awakening the Senses

Thursday, March 14

Social Time: 12:15 – 12:30 PM

Program: 12:30 – 2:00 PM

House Calls Speaker: Bonnie Schulman, PT

Winter can be draining, while March welcomes spring and renewal. Come experience self-massage and learn simple breathing techniques to awaken the body. Ways to stimulate the nervous system will be explored. As always, Bonnie will include demonstration and experiential exercises.

Note: Please wear comfortable clothing.

** Light snacks will be provided. You are welcome to bring your own bag lunch.*

rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

Cookies and Conversation

Thursday, March 14, 2:30 – 4:00 PM

Join the HopeWell staff for our ongoing community conversation about our focus on the future. Curious about the Race? We're doing things a little differently this year and will be sharing our plans for this exciting upcoming special event! We hope you will take part in this discussion – no matter how long you've been coming, or if you haven't been here in a while – because you are the

Continued on back



Street Address:
10628 Falls Road,
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.

If you have any questions about how HopeWell can help:

Please email us at cancerhelp@hopewellcancersupport.org and we will get back to you.

If you would like to RSVP to a group or class offering:

Please email us at rsvp@hopewellcancersupport.org and specify which program(s) you wish to attend.