

JULY 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
	1 ○ 11:00 am Strength and Tone ✓ 1:00 pm Zentangle® ○ 6:30 pm Sound Meditation Evening Group ○ 7:00 pm Breast Cancer Support Group	2 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 2:45 pm Art and Healing ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting	3 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong	4 HopeWell Closed Independence Day No Daytime or Evening Classes or Groups	5 ○ 1:00 pm Yoga Nidra	6 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone
7	8 ○ 11:00 am Strength and Tone ✓ 12:30 pm Put Your Best Face Forward * Guest Instructor: Michelle Ward, Licensed Cosmetologist ○ 6:30 pm Sound Meditation Evening Group With Guest Instructor Patricia Norton!	9 ○ 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	10 ○ 9:30 am Sound Meditation Morning Group With Guest Instructor Patricia Norton! ○ 11:00 am Qigong	11 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:15 pm Healthy Lunch Club – Making Better Choices: Healthy Eating on the Go * House Calls Speaker: Mandy Katz, Dietitian ○ 7:00 pm Ovarian Cancer Group	12 ✓ 11:00 am Coloring the Spaces, Clearing the Mind ○ 1:00 pm Yoga Nidra	13 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone
14 A Day of Mindfulness Summer Retreat! 10:00 AM – 3:00 PM (RSVP required)	15 ○ 11:00 am Strength and Tone ✓ 1:00 pm Creative Photography: A Way to Re-Focus and De-Stress (Week 1) ○ 6:30 pm Sound Meditation Evening Group ○ 7:00 pm Breast Cancer Support Group	16 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 2:45 pm Art and Healing ○ 6:00 pm Yoga With Guest Instructor Barb Cochran! ○ 7:00 pm Welcome Meeting	17 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong ✓ 12:15 pm Munch and Learn – The Unspoken Losses of Cancer: A Conversation about Living * House Calls Speaker: Amanda Jaska, LCPC and Dawn Tippett, LCSW-C	18 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 6:00 pm EVENING Art Class: Collage in Three Dimensions (Please note change in time) ○ 6:30 pm Pancreatic Cancer Support Group * With thanks to the Rosenberg Foundation	19 ○ 1:00 pm Yoga Nidra	20 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone
21	22 ○ 11:00 am Strength and Tone ○ 12:30 pm Needlework...Craft and Meditation ✓ 1:00 pm Creative Photography: A Way to Re-Focus and De-Stress (Week 2) ○ 6:30 pm Lung Cancer Support ✓ 6:30 pm Brain Tumor Support: Getting the Help you Need ○ 6:30 pm Sound Meditation Evening Group	23 ○ 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	24 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong	25 ○ 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 Bracelet ○ 7:00 pm Ovarian Cancer Group	26 ✓ 11:00 am Line Dancing ○ 1:00 pm Yoga Nidra	27 ○ 9:00 am Yoga ○ 10:30 am Strength and Tone ✓ 12:00 pm Kids Circle
28	29 ○ 11:00 am Strength and Tone ✓ 1:00 pm Creative Photography: A Way to Re-Focus and De-Stress (Week 3) ○ 6:30 pm Sound Meditation Evening Group	30 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 6:00 pm Yoga ○ 7:00 pm Welcome Meeting	31 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong	<p>Would you like to ensure that you get the latest updates and reminders on what's happening at HopeWell?</p> <p>If so, please make sure we have your correct email address on file and provide it when you RSVP for a program.</p> <p>If you've given us your email and are not receiving messages, let a staff member know and we will investigate.</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**

A Day of Mindfulness Summer Retreat*

Sunday, July 14
10:00 AM – 3:00 PM

Instructor:
Lee Halfpenny, RYT

If you've had experience with mindfulness and meditation, please join us for this rare opportunity to deepen your practice, refresh and rejuvenate while in our beautiful barn and natural setting.

This day long program includes both walking and seated meditation, as well as periods of yoga nidra and hatha yoga. Some meditation will be guided; some will not. Lee will give short instructions throughout the day.

- Please wear loose clothing.
- Please bring your lunch as we will be eating together in silence in the barn.

*We need a minimum of 12 people signed up in advance. Please email rsvp@hopewellcancersupport.org by July 10 to express your interest. Once we have reached our minimum number of attendees, we will send you a program confirmation.

Creative Photography: A Way to Re-Focus and De-Stress – Five Week Summer Program!

Mondays, July 15, 22, 29 and August 5, 19
1:00 – 2:30 PM

Guest Instructor: Bruce Harrison

Some people feel that photography can be a mindfulness practice because of the heightened awareness of the world around you. As such, it can offer a way for people living with cancer to manage stress, relax, re-tool and re-focus.

In this 5-week series, Bruce Harrison, an attorney and accomplished photographer, will teach exercises that can help you improve your technique and derive more pleasure from the images you capture. Bruce believes 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. It will be of equal benefit to those who both have and have not previously taken a course with Bruce, who assures us he has a few surprises in store.

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

Munch and Learn* – The Unspoken Losses of Cancer: A Conversation about Living

Wednesday, July 17
Social Time: 12:15 PM
Program: 12:30 – 2:00 PM

House Calls Speakers: Amanda Jaska, LCPC and Dawn Tippett, LCSW-C

Although seldom thought of in this context, grief can be experienced whenever something valued is lost. Whether the loss is tangible (a body part or strands of hair) or intangible (loss of independence or sense of self) it can trigger an emotional roller coaster. Collateral losses, such as inability to work or engage in regular activities, the financial burden of treatment, impacts on relationships, disruption of long term plans, etc., can cause tremendous stress. People are seldom given the time or permission to "grieve" such losses, yet doing so can be crucial to the healing of body, mind and spirit.

Please join Amanda Jaska and Dawn Tippett, from the bereavement team of Gilchrist Hospice, for an informal conversation on these "hidden" losses of a cancer diagnosis; how to cope with them and how to develop resilience moving forward.

*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.

Summer Evening Art Class: Collage in Three Dimensions

Thursday, July 18, 6:00 – 7:30 PM
Instructor: David Cunningham

Join us in July for a unique creative class where we will use collaged photographs

to create pop-up 3D artwork. We will use magazines, chipboard, scissors, wire, and glue to assemble one-of-a-kind collages into three dimensions. Participants will be encouraged to explore the possibility of giving their collage wings, as we experiment with a variety of papers and photographs to convey meaning and personal expression of self. No experience needed.

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

Pancreatic Cancer Support and Networking Group

Thursday, July 18, 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. Join us for inspiration, information and support. Adult family members are also welcome.

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.

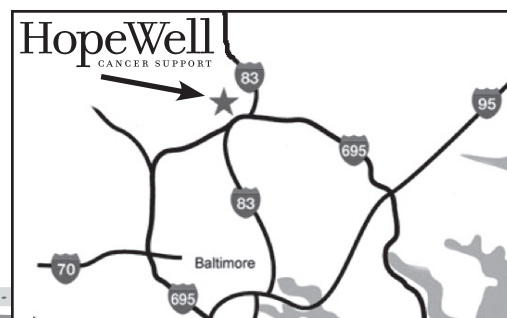
Brain Tumor Support Group: Getting the Help You Need

Monday, July 22, 6:30 – 8:00 PM

Facilitator: Penny Graf, LCSW-C

Join us for an informal discussion on "Getting the Help You Need," part of an occasional series on brain tumors, using information from the American Brain Tumor Association and facilitated by a licensed clinician. This group is also open to those with brain metastases. Family members are always welcome to attend.

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



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.

HopeWell Happenings

July 2019

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN JULY

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on blankets/mats or sit on chairs. By the end, many experience deep relaxation and a sense of increased resilience and well-being. Time is allowed to explore and deepen the experience through group sharing and support.

Art and Healing

Tuesday, July 2 and 16, 2:45 – 4:15 PM

Instructor: Danielle Eichner, MA, ATR-BC, LCPC, LCPAT

Danielle comes to HopeWell with a strong background in providing art therapy; most particularly to those in hematology and oncology programs. A survivor of pediatric cancer, she has a unique perspective to share with our community.

The process of creating art is inherently therapeutic, making it an excellent tool for self-care and coping. In this group, we will utilize art therapy to allow you the opportunity to benefit from creative freedom and discover new ways of healing. This class provides a supportive space in which you can explore a wide variety of art supplies to visually express feelings and reflect on experiences.

Qigong

Wednesdays, July 3, 10, 17, 24, 31
11:00 AM – 12:00 PM

Instructor: Michele Tsonis, CMT, Group Fitness Instructor

Michele has over 30 years' experience, and teaches Qigong at several well-known establishments in the Baltimore area. She focuses on stress reduction, stretching and strengthening, with moving meditation to help link body, mind and breath. The class incorporates music to enhance the experience, and helps restore your "chi" or personal energy. Michele is excited to share this art with the Hopewell community.

Put Your Best Face Forward

Monday, July 8, 12:30 – 2:30 PM

Guest Instructor: Michelle Ward

Please Note: Class is limited to 10 participants.

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 on the best way to apply your make-up to address your unique needs, as well as provide 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
- Eyeshadows
- Eyeliner
- Mascara
- Lip liner/lipstick
- Eyebrow pencil

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

Healthy Lunch Club* – Making Better Choices: Healthy Eating on the Go

Thursday, July 11
Lunch: 12:15 PM
Program: 12:30 – 2:00 PM

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

In this fast-paced world of appointments and activities, our diet often suffers. Mandy Katz, dietitian with Giant Food, will share tips on how to make healthy, nutritious choices even when you have little or no time to sit for a meal, let alone cook one.

*HopeWell will provide a light lunch. No need to bring anything.

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

HopeWell
CANCER SUPPORT

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