

# AUGUST 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>Looking for more support?</b> Meet others who <i>truly</i> understand what you're going through. Whether you're a person living with cancer, or a person supporting someone with cancer, HopeWell has a weekly support group for you. Facilitated by licensed clinicians, each group offers either a daytime or evening option to fit your schedule. See a member of the program staff for details.</p>				<p>1</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>2</p> <ul style="list-style-type: none"> <li>✓ 9:30 am HopeWell Community Nature Walk — <i>New!</i> * Guide: Rob Mardiney</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p>3</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>4</p> <ul style="list-style-type: none"> <li>○ 11:00 am Strength and Tone</li> <li>✓ 1:00 pm Creative Photography: A Way to Re-Focus and De-Stress (Week 4)</li> <li>✓ 1:00 pm Zentangle®</li> <li>○ 6:30 pm Sound Meditation Evening Group</li> <li>○ 7:00 pm Breast Cancer Support Group</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Relaxation and Meditation</li> <li>○ 2:45 pm Art and Healing</li> <li>○ 6:00 pm Yoga</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>○ 9:30 am Sound Meditation Morning Group</li> <li>○ 11:00 am Qigong</li> <li>✓ 6:00 pm Line Dancing — <i>EVENING Class!</i></li> </ul>	<p>7</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 Munch and Learn — Medicare and Disability * House Calls Speakers: Sherry Kolbe, Baltimore County Dept. of Aging and Penny Graf, LCSW-C, HopeWell Staff</li> <li>○ 7:00 pm Ovarian Cancer Group</li> </ul>	<p>8</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: Fiberfill Fabric Art</li> <li>○ 6:30 pm Pancreatic Cancer Support Group * With thanks to the Rosenberg Foundation</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>✓ 11:00 am Coloring the Spaces, Clearing the Mind</li> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone</li> </ul>
<p>11</p> <ul style="list-style-type: none"> <li>○ 11:00 am Strength and Tone</li> <li>✓ 12:15 pm Munch and Learn — Genetic Counseling in Cancer Care: What You Need to Know * House Calls Speaker: Jessica L. Scott, MGC, CGC</li> <li>○ 6:30 pm Sound Meditation Evening Group With Guest Instructor Patricia Norton!</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Relaxation and Meditation</li> <li>○ 3:00 pm Metastatic Breast Cancer Support Group</li> <li>○ 6:00 pm Yoga</li> <li>■ 6:30 pm Adult Bereavement Group</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>○ 9:30 am Sound Meditation Morning Group With Guest Instructor Patricia Norton!</li> <li>○ 11:00 am Qigong</li> <li>✓ 6:00 pm Oral Care Before, During and After Treatment: What You Should Know, What You Can Do * House Calls Speaker: Ghassan Sinada, D.D.S.</li> </ul>	<p>14</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</li> <li>○ 7:00 pm Ovarian Cancer Group</li> </ul>	<p>15</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</li> <li>○ 7:00 pm Ovarian Cancer Group</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p>17</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>
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<p>25</p> <ul style="list-style-type: none"> <li>○ 11:00 am Strength and Tone</li> <li>○ 12:30 pm Needlework . . . Craft and Meditation</li> <li>○ 6:30 pm Lung Cancer Support</li> <li>○ 6:30 pm Brain Tumor Support</li> <li>○ 6:30 pm Sound Meditation Evening Group</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>○ 10:45 am Yoga</li> <li>○ 12:00 pm Relaxation and Meditation</li> <li>○ 3:00 pm Metastatic Breast Cancer Support Group</li> <li>○ 6:00 pm Yoga</li> <li>■ 6:30 pm Adult Bereavement Group</li> <li>○ 6:30 pm Blood Cancer Group</li> <li>○ 7:00 pm Welcome Meeting</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>○ 9:30 am Sound Meditation Morning Group</li> <li>○ 11:00 am Qigong</li> <li>✓ 6:00 pm Qigong — <i>EVENING Class!</i></li> </ul>	<p>28</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 Healing Benefit of Journaling: Writing Your Way to Wellness — <i>New!</i></li> </ul>	<p>29</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 Healing Benefit of Journaling: Writing Your Way to Wellness — <i>New!</i></li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>○ 1:00 pm Yoga Nidra</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>○ 9:00 am Yoga</li> <li>○ 10:30 am Strength and Tone</li> </ul>

## 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**



Munch and Learn - Genetic Counseling (cont'd)

the types of cancer that are hereditary, who's at risk, the benefits and limitations of gene testing, and what genetic counseling can offer you.

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

**RSVP@hopewellcancersupport.org**  
(please specify which program(s) you wish to attend).

### Oral Care Before, During and After Treatment: What You Should Know, What You Can Do

**Wednesday, August 14, 6:00 – 7:30 PM**

House Calls Speaker: Ghassan Sinada, D.D.S.



Cancer treatments may sometimes affect the teeth and gums and cause overall discomfort in this area. Please join Dr. Sinada to learn about the importance of a dental check-up prior to starting treatment, and the possible side effects of chemotherapy and

radiation on the mouth once treatment starts. He will offer tips to help deal with these challenges and suggest topics to discuss with your health care team. There will be ample opportunity for questions.

Dr. Sinada is affiliated with Maryland Prosthodontic Associates, P.A., and is a Maxillofacial Prosthodontist for the Greater Baltimore Medical Center, Milton J. Dance, Jr. Head and Neck Center, where he provides oral care for cancer patients.

**RSVP@hopewellcancersupport.org**  
(please specify which program(s) you wish to attend).

### Art Class: Fiberfill Fabric Art Thursday, August 15, 1:00 – 2:30 PM

Instructor: David Cunningham

In August we will explore with fabric and glue the art of creating 3D shapes from a cut fabric pattern. We will glue the cut fabric and

fill the shape with cotton fiberfill. The shapes can be as whimsical as we wish. This is an opportunity to make a one-of-a-kind form. We will have a variety of fabrics to choose from. All materials will be provided. No experience needed.

**RSVP@hopewellcancersupport.org**  
(please specify which program(s) you wish to attend).

### Pancreatic Cancer Support and Networking Group

**Thursday, August 15, 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.*

### Motown and Mingling – An Evening of Fun!

**Wednesday, August 21, 5:30 – 7:30pm**

Hosted by HopeWell Program Staff

Do you love Motown? Come relax, reminisce and re-connect with friends as we listen to recordings of some of the best this genre has to offer. Move and groove on your feet or in your chair, enjoying a lovely summer evening of music and socialization in our wonderful Barn and its surrounding environs. Singing and dancing are optional but encouraged. The theme of the evening is fun!

HopeWell will provide light fare.

**RSVP@hopewellcancersupport.org**  
(please specify which program(s) you wish to attend).

### Qigong – EVENING Class!

**Wednesday, August 28, 6:00 – 7:00 PM**

Instructor: Michele Tsonis, CMT, Group Fitness Instructor

Always wondered what Qigong is all about, but can't make the morning class? Join Michele for this *evening* offering. The focus is on stress reduction, stretching and strengthening, with moving meditation to help link body, mind and breath. Qigong helps restore your "chi" or personal energy. Michele incorporates music to enhance the experience.

**RSVP@hopewellcancersupport.org**  
(please specify which program(s) you wish to attend).

### The Healing Benefit of Journaling: Writing Your Way to Wellness – New!

**Thursday, August 29, 1:00 – 2:30 PM**

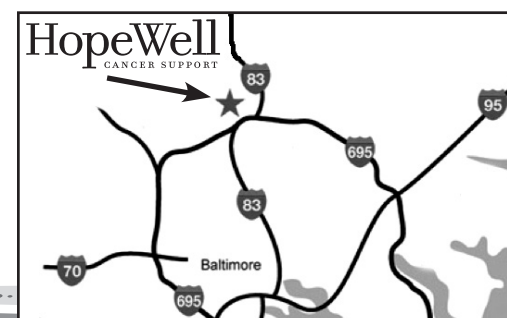
Facilitator: Teri Clayton, LCSW-C, HopeWell Staff

Studies have shown that journaling can be an effective tool for reducing stress and improving well-being, particularly for those coping with health challenges. When faced with a cancer diagnosis, life may suddenly feel out of control. Writing may help you process painful emotions, explore new identities and perspectives, and find your way to wholeness.

Whether you have a daily journaling practice, or have never picked up a pen in your life, we think you will enjoy and benefit from this program.

No writing experience necessary.

**RSVP@hopewellcancersupport.org**  
(please 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](mailto: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](mailto:rsvp@hopewellcancersupport.org) and specify which program(s) you wish to attend.

# HopeWell Happenings

**AUGUST 2019**

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

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



### HopeWell Community Nature Walk – New!

**Friday, August 2, 9:30 – 10:30 AM**

(RAIN DATE August 9)

Guide: Rob Mardiney

Connecting with nature can bring a sense of serenity and overall well-being. Please join Rob Mardiney, Director of Education at Irvine Nature Center, to enjoy the benefits of a guided nature walk on the beautiful grounds at HopeWell.

You'll be surprised at the variety of trees, shrubs, plants, flowers, birds, and butterflies that inhabit our environs, just steps away from the house and barn. What better way to experience the outdoors than to tour our natural environment with your friends at HopeWell.

All are welcome. We suggest you wear walking shoes, with socks, and long pants.

**RSVP@hopewellcancersupport.org**  
(please specify which program(s) you wish to attend).

### Zentangle®

**Monday, August 5, 1:00 – 2:30 PM**

Guest Instructor: Becky Boynton, CZT

Zentangle is a simple, relaxing and fun way to create beautiful abstract designs by drawing structured patterns. Join Becky, a Certified Zentangle Teacher, to learn this step by step method to create something unexpected. Geared toward both the first-time participant and those with previous experience; "Tangling" is calming, reduces stress, improves focus and can build self-confidence.

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

**RSVP@hopewellcancersupport.org**  
(please specify which program(s) you wish to attend).

### Creative Photography: A Way to Re-Focus and De-Stress – Final Two Weeks!

**Mondays, August 5, 19, 1:00 – 2:30 PM**

(NO CLASS August 12)

Guest Instructor: Bruce Harrison

In the continuation of this 5-week series, Bruce will teach exercises to help you improve your technique and derive more pleasure from the images you capture. He 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**  
(please specify which program(s) you wish to attend).

### Art and Healing

**Tuesday, August 6 and 20, 2:45 – 4:15 PM**

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

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.

### Line Dancing – EVENING Class!

**Wednesday, August 7, 6:00 – 7:00 PM**

Instructor: Wanda Harrison, LCSW-C

For those who can't make the daytime class, or simply can't get enough of it, join Wanda for an *evening* of line dancing. Get up, get out and get moving to a new beat! Reconnect, socialize and get exercise, all at the same time.

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

**RSVP@hopewellcancersupport.org**  
(please specify which program(s) you wish to attend).

### Munch and Learn\* – Understanding Medicare and Social Security Disability Benefits

**Thursday, August 8**

**Social Time: 12:15 PM**

**Program: 12:30 – 2:30 PM**

House Calls Speakers: Sherry Kolbe, Baltimore County Dept. of Aging and Penny Graf, LCSW-C, HopeWell Staff

Are you confused about Medicare benefits? Not sure if you are eligible for Social Security Disability? You are not alone! Please join Sherry Kolbe, Manager of the State Health Insurance Assistance Program with the Baltimore County Department of Aging, and social worker Penny Graf for a discussion on these programs. There will be ample time for questions, and resources shared for obtaining additional information

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

**RSVP@hopewellcancersupport.org**  
(please specify which program(s) you wish to attend).

### Munch and Learn\* – Genetic Counseling in Cancer Care: What You Need to Know

**Monday, August 12**

**Social Time: 12:15 PM**

**Program: 12:30 – 2:00 PM**

House Calls Speaker:  
Jessica L. Scott, MGC, CGC



The role that genetics plays in the development of cancer is still being studied, but it is becoming clear that this growing body of knowledge impacts all aspects of cancer management; from prevention and screening to treatment and follow up care.

Join Jessica Scott, Certified Genetic Counselor with the Marlene and Stewart Greenebaum Cancer Center at the University of Maryland Medical Center, for a conversation about genetics and genetic counseling in cancer care. She will discuss

(continued on back)

**HopeWell**  
CANCER SUPPORT

Street Address:  
10628 Falls Road,  
Lutherville, MD 21093

#### Contact Information:

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