

NOVEMBER 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>Looking for more support? Meet others who <i>truly</i> understand what you're going through.</p> <p>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>						1	2					
3	<ul style="list-style-type: none"> <input type="radio"/> 11:00 am Strength and Tone <input checked="" type="radio"/> 1:00 pm Zentangle® <input type="radio"/> 6:30 pm Sound Meditation Evening Group <input type="radio"/> 7:00 pm Breast Cancer Support Group 	4	<ul style="list-style-type: none"> <input type="radio"/> 10:45 am Yoga <input type="radio"/> 12:00 pm Relaxation and Meditation <input type="radio"/> 2:45 pm Art and Healing – <i>In the House</i> <input type="radio"/> 6:00 pm Yoga – CANCELLED <input type="radio"/> 7:00 pm Welcome Meeting 	5	6	7	<ul style="list-style-type: none"> <input type="radio"/> 9:15 am T'ai Chi – CANCELLED <input type="radio"/> 11:00 am Stretch and Tone – CANCELLED <input type="radio"/> 12:00 pm Welcome Meeting <input checked="" type="radio"/> 1:00 pm The Healing Benefit of Journaling 	8	9	<ul style="list-style-type: none"> <input type="radio"/> 1:00 pm Yoga Nidra <input checked="" type="radio"/> 11:00 am Coloring the Spaces, Clearing the Mind <input type="radio"/> 1:00 pm Yoga Nidra 	<ul style="list-style-type: none"> <input type="radio"/> 9:00 am Yoga <input type="radio"/> 10:15 am Couples Group <input type="radio"/> 10:30 am Strength and Tone 	
10	<ul style="list-style-type: none"> <input checked="" type="radio"/> 1:00 pm Annual HopeWell Memorial Service <input type="radio"/> 11:00 am Strength and Tone <input type="radio"/> 6:30 pm Sound Meditation Evening Group 	11	<ul style="list-style-type: none"> <input type="radio"/> 10:45 am Yoga <input type="radio"/> 12:00 pm Relaxation and Meditation <input type="radio"/> 3:00 pm Metastatic Breast Cancer Group <input type="radio"/> 6:00 pm Yoga <input checked="" type="radio"/> 6:30 pm Adult Bereavement Group <input type="radio"/> 7:00 pm Welcome Meeting 	12	13	14	<ul style="list-style-type: none"> <input type="radio"/> 9:15 am T'ai Chi <input type="radio"/> 11:00 am Stretch and Tone <input type="radio"/> 12:00 pm Welcome Meeting <input checked="" type="radio"/> 12:30 pm Common Sense Physical Therapy (<i>NEW start time</i>) Common Joint Issues <small>* House Calls Speaker: Bonnie Schulman, PT</small> <input type="radio"/> 7:00 pm Ovarian Cancer Group 	15	16	<ul style="list-style-type: none"> <input type="radio"/> 9:00 am Yoga <input type="radio"/> 10:15 am Couples Group <input type="radio"/> 10:30 am Strength and Tone <input checked="" type="radio"/> 12:00 pm Kids Program – Laugh Yoga for Kids and Parents <small>* Guest Instructor: Brittany White, LCSW-C</small> 		
17	<ul style="list-style-type: none"> <input type="radio"/> 11:00 am Strength and Tone <input type="radio"/> 6:30 pm Sound Meditation Evening Group <input type="radio"/> 7:00 pm Breast Cancer Group 	18	<ul style="list-style-type: none"> <input type="radio"/> 10:45 am Yoga <input type="radio"/> 12:00 pm Relaxation and Meditation <input type="radio"/> 2:45 pm Art and Healing <input type="radio"/> 6:00 pm Yoga <input type="radio"/> 7:00 pm Welcome Meeting 	19	20	21	<ul style="list-style-type: none"> <input type="radio"/> 9:15 am T'ai Chi <input type="radio"/> 11:00 am Stretch and Tone <input type="radio"/> 12:00 pm Welcome Meeting <input checked="" type="radio"/> 1:00 pm Art Class: Painting on Canvas Based on Objects that Inspire <input checked="" type="radio"/> 6:30 pm Pancreatic Cancer Group <i>Speaker!</i> <small>* House Calls Speaker: Nader Hanna, MD * With thanks to the Rosenberg Foundation</small> 	22	23	<ul style="list-style-type: none"> <input type="radio"/> 9:00 am Yoga <input type="radio"/> 10:30 am Strength and Tone 		
24	<ul style="list-style-type: none"> <input type="radio"/> 11:00 am Strength and Tone <input type="radio"/> 12:30 pm Needlework . . . Craft and Meditation <input type="radio"/> 6:30 pm Lung Cancer Group <input type="radio"/> 6:30 pm Brain Tumor Group <input type="radio"/> 6:30 pm Sound Meditation Evening Group 	25	<ul style="list-style-type: none"> <input type="radio"/> 10:45 am Yoga <input type="radio"/> 12:00 pm Relaxation and Meditation <input type="radio"/> 3:00 pm Metastatic Breast Cancer Group <input type="radio"/> 6:00 pm Yoga <input checked="" type="radio"/> 6:30 pm Adult Bereavement Group <input checked="" type="radio"/> 6:30 pm Parent Grief Group <input type="radio"/> 6:30 pm Blood Cancer Group <input type="radio"/> 7:00 pm Welcome Meeting 	26	27	28	29	30	<ul style="list-style-type: none"> <input type="radio"/> 9:30 am Sound Meditation Morning Group <input type="radio"/> 11:00 am Qigong <p style="text-align: center;">HopeWell Programs Close at Noon Thanksgiving Holiday <i>No Afternoon or Evening Groups or Classes</i></p>	<p style="text-align: center;">HopeWell Closed Thanksgiving Holiday</p> <p style="text-align: center;"><i>No Daytime or Evening Classes or Groups</i></p>	<p style="text-align: center;">HopeWell Closed Thanksgiving Holiday</p> <p style="text-align: center;"><i>No Daytime or Evening Classes or Groups</i></p>	<p style="text-align: center;">HopeWell Closed Thanksgiving Holiday</p> <p style="text-align: center;"><i>No Daytime or Evening Classes or Groups</i></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

Munch and Learn (cont'd)

Join Bonnie this month to learn everything you need to know about your joints; what to do if they start to complain and what the various diagnoses mean for you. As always, she 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 (please specify which program(s) you wish to attend).

Laugh Yoga: A Program for Kids and Parents – New Program!

Saturday, November 16, 12:00 – 2:00 PM

Guest Instructor: Brittany White, LCSW-C

Join us for this fun program and discover the physical and emotional advantages of laughing. Laugh Yoga is a unique practice of laughter as a form of exercise; without the need for jokes or comedy. Yogic breathing techniques are integrated with intentional laughter practices, resulting in such benefits as boosting the immune system, experiencing more joy and being better able to cope with stress.

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

Thanksgiving Lunch and Speaker* Living with Cancer: Staying Hopeful When It's Tempting to Be Helpless

Wednesday, November 20

Lunch: 12:15 – 1:00 PM

Speaker: 1:00 – 2:00 PM

Guest Speaker: Pat Fosarelli, MD, D.Min

The holiday season is considered to be a time of joy, but may often also be stressful. People with

cancer and their families, already facing challenging circumstances, may experience heightened emotions, increased pressure and feelings of anxiety and sadness.

How does one develop the ability to maintain hope and enjoy the holidays in the face of a serious illness, not to mention the events happening in the world today?

Please join us as we welcome Dr. Pat Fosarelli, Associate Dean, St. Mary's Ecumenical Institute, for a discussion on the importance of finding hope when everything may seem hopeless.

* Please come and enjoy yourself . . . no need to bring a thing! HopeWell is catering our Thanksgiving gathering with a light luncheon and dessert. We look forward to your presence.

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

Art Class: Painting on Canvas Based on Objects That Inspire us

Thursday, November 21, 1:00 – 2:30 PM

Instructor: David Cunningham

Feel free to bring your own object, which will be used as inspiration for a dynamic painting session on canvas board. We will look at samples from the artist, and see how items may be represented through a variety of composition choices. We will use acrylic colors as a means to depict our work.

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

Pancreatic Cancer Support and Networking Group – Speaker! Pancreatic Cancer: Ask the Expert

Thursday, November 21, 6:30 – 8:00 PM

Facilitator: Veronica Land-Davis, LCSW-C



House Calls Speaker:
Nader Hanna, MD

Please join us as we welcome Dr. Nader Hanna for an informal discussion and dialogue about various aspects of pancreatic cancer, including a brief update on the most recent

research and treatment options. This is a wonderful opportunity to ask your questions and clarify your concerns.

Dr. Hanna is a Surgical Oncologist, the Director of Clinical Operations, Division of General & Oncologic Surgery at the University of Maryland School of Medicine, and the Director of the Cancer Institute at the University of Maryland, St. Joseph Medical Center.

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.

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

Line Dancing!

Friday, November 22, 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.

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

Needlework . . .

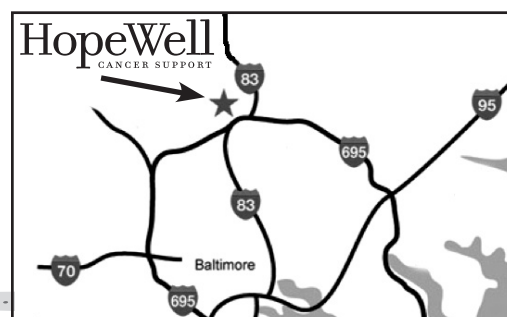
Craft and Meditation

Monday, November 25, 12:30 – 2:00 PM

Facilitator: Wanda Harrison, LCSW-C

Knitting, crocheting and needlepoint are rewarding in themselves; providing a tangible result. In addition, the repetitive motion can both improve focus and induce a relaxation response similar to that of meditation.

This group provides an opportunity to find and give support, as well as to socialize and share your skills. Bring your current projects, or – if you are new to the craft – come learn from others who can help you get started.



HopeWell
CANCER SUPPORT

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.

HopeWell Happenings

NOVEMBER 2019

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN NOVEMBER

HopeWell's programs are always offered at no charge!

Yoga Nidra

Fridays, November 1, 8, 15, 22

1:00 – 2:15 PM

(NO CLASS November 29)

Instructor: Lee Halfpenny, RYT

Yoga Nidra, or yogic sleep as it is commonly known, is considered by some to be one of the easiest yoga practices to learn. Unlike traditional Yoga with its series of poses, in Yoga Nidra the practitioner rests comfortably in savasana (corpse pose) and is guided by the teacher through a systematic meditation. For those not comfortable lying down, the practice can also be done in a seated position.

Yoga Nidra is a meditative practice that has been shown to provide relief from stress, depression, worry and pain, while at the same time improving mindfulness. Research indicates that it is an effective intervention in improving quality of sleep among cancer patients.

Art and Healing

Tuesday, November 5 and 19

2:45 – 4:15 PM

(Held in the House November 5)



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. Especially during treatment, some report

feeling so focused on their physical selves that they've forgotten their creative side. Participating in the expressive arts may help you reclaim that part of yourself. Research has documented benefits for those living with cancer; including a significant reduction in anxiety, depression and pain, and an increase in overall quality of life.

In this group, art therapy is utilized to allow you the opportunity to benefit from creative freedom and discover new ways of healing. The class provides a supportive space in which you can explore a wide variety of art supplies to visually express feelings and reflect on experiences.

Sound Meditation – Two Drop-In Groups!

Monday *Evenings*

November 4, 11, 18, 25

6:30 – 7:30 PM

Wednesday *Mornings*

November 13, 20, 27

9:30 – 10:30 AM

(No Class on November 6)

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 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.

Qigong

Wednesdays, November 13, 20, 27

11:00 AM – 12:00 PM

(No Class on November 6)

Instructor: Michele Tsonis, CMT, Group Fitness Instructor

Qigong practice involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and a calm meditative state of mind. Michele 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.

The Healing Benefit of Journaling

Thursday November 7, 1:00 – 2:00 PM

Facilitator: Teri Clayton, LCSW-C, HopeWell Staff

Research has indicated that journaling may help reduce stress and manage depression and anxiety. It has also been shown to increase feelings of well-being, improve memory and even lower blood pressure. Especially for those coping with health challenges, journaling is a healthy outlet

and a positive coping mechanism for facing overwhelming emotions.

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).

Coloring the Spaces, Clearing the Mind

Friday, November 8, 11:00 AM – 12:30 PM

Instructor: Patti Campbell, HopeWell Staff

Research has shown that coloring can be relaxing and help focus your mind; participants have shared the following benefits of this group:

- "It's hard to take time for myself, but when I come to my coloring group, I'm setting aside time that's just for me."
- "Focusing on my coloring slows down my breathing and makes me feel calmer."
- "Sitting and coloring quietly with others gives me the space to let my thoughts flow freely in a way that doesn't happen during my day-to-day life."

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

Annual HopeWell Memorial Service

Sunday, November 10, 1:00 – 2:30 PM

Join us as we honor the memory of HopeWell participants and loved ones. All family members and friends are welcome. A dessert reception will follow the service.

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

Munch and Learn* – Common Sense Physical Therapy Common Joint Issues

Thursday, November 14

Social Time: 12:30 – 12:45 PM

Program: 12:45 – 2:00 PM (NEW Start Time)

House Calls Speaker: Bonnie Schulman, PT

(continued on back)