

DECEMBER 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 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm The Art of Beading: Ribbon Tassel Pendant <i>(Note: Date Change)</i>	5 ○ 1:00 pm Yoga Nidra	6 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone
	8 ○ 11:00 am Strength and Tone ✓ 12:30 pm Put Your Best Face Forward <i>* Guest Instructor: Michelle Ward, Licensed Cosmetologist</i> ○ 6:30 pm Sound Meditation Evening Group	9 ○ 10:45 am Yoga ○ 12:00 pm Relaxation and Meditation ○ 3:00 pm Metastatic Breast Cancer Group ○ 6:00 pm Yoga ■ 6:30 pm Adult Bereavement Group ○ 7:00 pm Welcome Meeting	10 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong ✓ 12:30 pm Meaningful Gifting: Giving from the Heart	11 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 12:30 pm Common Sense Physical Therapy (NEW start time) Self-Care During the Holiday Season <i>* House Calls Speaker: Bonnie Schulman, PT</i> ○ 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 ✓ 12:00 pm Kids Circle
	15 ○ 11:00 am Strength and Tone ○ 12:30 pm Needlework . . . Craft and Meditation <i>(Note: Date Change)</i> ○ 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 ○ 7:00 pm Welcome Meeting	17 ○ 9:30 am Sound Meditation Morning Group ○ 11:00 am Qigong ✓ 5:00 pm Holiday Social – More Motown and Mingling!	18 ○ 9:15 am T'ai Chi ○ 11:00 am Stretch and Tone ○ 12:00 pm Welcome Meeting ✓ 1:00 pm Art Class: Handcrafted Art Cards ○ 6:30 pm Pancreatic Cancer Group <i>* With thanks to the Rosenberg Foundation</i>	19 ✓ 11:00 am Line Dancing! ○ 1:00 pm Yoga Nidra	20 ○ 9:00 am Yoga ○ 10:15 am Couples Group ○ 10:30 am Strength and Tone
	22 HopeWell Closed Holiday Season No Daytime or Evening Classes or Groups	23 HopeWell Closed Holiday Season No Daytime or Evening Classes or Groups	24 HopeWell Closed Holiday Season No Daytime or Evening Classes or Groups	25 HopeWell Closed Holiday Season No Daytime or Evening Classes or Groups	26 HopeWell Closed Holiday Season No Daytime or Evening Classes or Groups	27 HopeWell Closed Holiday Season No Daytime or Evening Classes or Groups
29 HopeWell will reopen with regularly scheduled programs on January 2.	30 HopeWell Closed Holiday Season No Daytime or Evening Classes or Groups	31 HopeWell Closed Holiday Season No Daytime or Evening Classes or Groups	HopeWell's Winter Weather Policy HopeWell will follow the Baltimore County Public School System's policy for inclement weather. (If schools are closed for the day, HopeWell will be closed. If there is a delay, HopeWell's regular opening time of 9:00 am will adjust accordingly. If there is an early closure, please call us to find out if your program will be held.) Information can be found online at https://www.bcps.org/status/ , on your local radio or television station, or by calling the BCPS status information line at 443.809.5555.			

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**

Put your Best Face Forward (cont'd)

Please 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/lipstick.

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

Meaningful Gifting: Giving from the Heart

Wednesday, December 11, 12:30 – 2:00 PM

Facilitator: Patti Campbell, HopeWell Staff

Have you ever given or received a wonderful gift that came from the heart, but cost little or no money? Often our most unforgettable presents are things such as treats that were baked especially for us, homemade art or craft items, memorable photographs, friendly visits, or offers of a helping hand. Come share your experiences and ideas that might assist others with gift-giving. Just in time for the holidays! Bring one or more of your favorite inexpensive meaningful gifts, or just join us for conversation and cookies!

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

Munch and Learn* – Common Sense Physical Therapy Self-Care During the Holiday Season

Thursday, December 12
Social Time: 12:30 – 12:45 PM
Program: 12:45 – 2:00 PM

(NEW Start Time)

House Calls Speaker: Bonnie Schulman, PT

The holidays can put a lot of stress on our bodies. Sitting for hours in the car driving to our relatives' homes, standing while cooking and walking while shopping, wearing shoes that may be fashionable but perhaps not so comfortable, lifting and carrying trays of food, boxes of decorations and piles of packages... it can all be a strain.

This month Bonnie will teach self-massage and other techniques that may help relieve lower back pain, muscle fatigue and various aches and pains. 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).

Coloring the Spaces, Clearing the Mind

Friday, December 13, 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).

Holiday Social – More Motown and Mingling!

Wednesday, December 18, 5:00 – 6:30 PM



Back by popular demand! Celebrate the holiday season with your HopeWell community. Do you love Motown? Relax, reminisce and re-connect with friends as we listen

to some of the best music this genre has to offer. Move and groove on your feet or in your chair. Singing and dancing are optional but encouraged. This will be a wonderful time to socialize and enjoy light refreshments together in our beautiful Barn.

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

Art Class: Handcrafted Art Cards

Thursday, December 19, 1:00 – 2:30 PM

Instructor: David Cunningham

This month we will be working with mixed media card making, using watercolor and collage. Join us as we embark on our card making workshop, which will include glue, paper of various thicknesses, scissors, crayons, markers, wire, and other assorted materials. Perhaps you will want to use your cards to send a memorable greeting and warm wishes to your family and friends. All materials will be provided. No experience necessary.

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

Pancreatic Cancer Support and Networking Group

Thursday, December 19, 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.

Line Dancing!

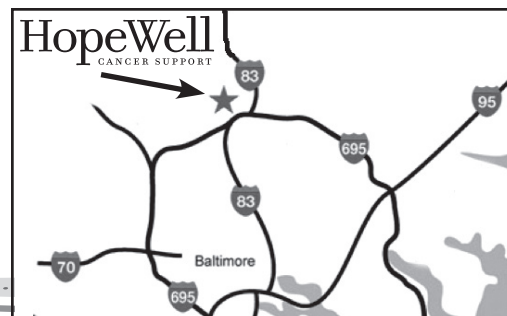
Friday, December 20, 11:00 AM – 12:00 PM

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).



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

DECEMBER 2019

CANCER SUPPORT PROGRAMS, CLASSES AND EVENTS HAPPENING IN DECEMBER

HopeWell's programs are always offered at no charge!

Mark Your Calendars!
Holiday Social
December 18
Sing, dance, socialize...join us for more Motown and Mingling! It was such fun in August, we decided to do it again.
(Details on the back page.)

Zentangle®

Monday, December 2, 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).

Sound Meditation – Two Drop-In Groups!

Monday *Evenings*

December 2, 9, 16 • 6:30 – 7:30 PM
(NO CLASS December 23 or 30)

Wednesday *Mornings*

December 4, 11, 18 • 9:30 – 10:30 AM
(NO CLASS December 25)

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.

Art and Healing

Tuesday, December 3 and 17
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. 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 possible 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 may explore a wide variety of art supplies to visually express feelings and reflect on experiences.

Qigong

Wednesdays, December 4, 11, 18
11:00 AM – 12:00 PM
(NO CLASS December 25)

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 Art of Beading: Ribbon Tassel Pendant

Thursday, December 5, 1:00 – 3:00
(PLEASE NOTE change in date)

Instructor: Patti Campbell, HopeWell Staff

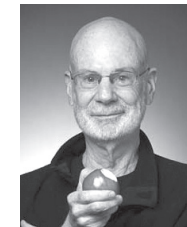
Please Note: Class is limited to 20 participants

Beading can help you relax, focus and express yourself. This month's project is a tassel pendant made with pieces of ribbon. Perfect for you or as a gift! No experience necessary. All materials will be provided.

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

Yoga Nidra

Fridays, December 6, 13, 20
1:00 – 2:15 PM (NO CLASS December 27)



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.

Put Your Best Face Forward

Monday, December 9, 12:30 – 2:30 PM

Guest Instructor: Michelle Ward

Please Note: Class is limited to 12 participants

Bring your favorite cosmetics and join us for an interactive demonstration with licensed cosmetologist Michelle Ward. Michelle has 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.

(continued on back)

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