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.

### Information and Referral Services
- Bereavement groups for adults, kids, and teens
- Educational programs with health care experts
- Networking groups
- Support 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 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/](https://www.bcps.org/status/), on your local radio or television station, or by calling the BCP's status information line at 443.809.5555.

### It's Cold and Flu Season!
If you are feeling under the weather, please do take care of yourself and consider staying home to rest. If you do come to HopeWell, you’ll notice hand purifier and facemasks in the house and barn to protect the health of all in our community. Thank you!

### 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
- For family members and significant others of someone with cancer
- Informed 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.

### New to HopeWell?
Come to a Welcome Meeting on Thursdays at 7:30 pm or Tuesdays 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.

### Speaker
- **SPEAKER**

---

### MARCH 2020

**SUNDAY**
- 11:00 am Strength and Tone
- 1:00 pm Zentangle®
- 6:30 pm Sound Meditation Evening Group
- 7:00 pm Breast Cancer Group

**MONDAY**
- 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

**TUESDAY**
- 9:30 am Sound Meditation Morning Group
- 11:00 am Qigong

**WEDNESDAY**
- 9:15 am Tai Chi
- 11:00 am Stretch and Tone
- 12:00 pm Welcome Meeting
- 1:00 pm Seated Chair Exercise – NEW!

**THURSDAY**
- 9:15 am Tai Chi
- 11:00 am Stretch and Tone
- 12:00 pm Welcome Meeting
- 12:15 pm Let My Clutter Go
- 12:15 pm Munch and Learn – Let My Clutter Go
- 1:00 pm Art Class: Decoupage

**FRIDAY**
- 1:00 pm Yoga Nidra

**SATURDAY**
- 9:00 am Yoga
- 10:15 am Couples Group
- 10:30 am Strength and Tone
- 11:30 am Kids Circle

---

**Speaker:** Keri Ryniak, RD, CSO, LDN, CNSC

**Nutrition and Cancer: Finding Reliable Information and Resources**

- **Evening**
- 6:30 pm Sound Meditation
- 12:00 pm Relaxation and Meditation
- 3:00 pm M exh, Group: (If schools are closed for the day, HopeWell will be closed. If there is a delay, HopeWell’s regular opening time of 9 am will adjust accordingly. If there is an early closure, please call us to find out if your program will be held.)

- **Morning**
- 9:00 am Yoga
- 10:15 am Couples Group
- 10:30 am Strength and Tone
- 11:30 am Kids Circle

---

**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.

1. Strength and Tone
2. Zentangle®
3. Sound Meditation Evening Group
4. Breast Cancer Group

---

**Weekly Participant Support Groups**
- For people with cancer
- For family members and significant others of someone with cancer

---

**Weekly Participant Groups**
- Information and referral services
- Bereavement groups for adults, kids and teens
- Education programs with health care experts
- Expressive Arts
- Networking groups
- Support 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/](https://www.bcps.org/status/), on your local radio or television station, or by calling the BCPS status information line at 443.809.5555.

---

**It’s Cold and Flu Season!**
If you are feeling under the weather, please do take care of yourself and consider staying home to rest. If you do come to HopeWell, you’ll notice hand purifier and facemasks in the house and barn to protect the health of all in our community. Thank you!

---

**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 group/class events, or write to rsvp@hopewellcancersupport.org.

**Interested Participants**
Meet individually with Program staff to learn more about these groups. Please call 410-832-2719 for more information.

---

**Speaker:**

---

**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**
- 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.
Did you know? . . .

HopeWell offers a variety of support groups for people with cancer, their families, friends and loved ones. All of our groups are facilitated by licensed clinicians, but the support comes from meeting others who truly understand what you’re going through.

Our diagnosis specific groups are listed below; please contact a program staff member for more information.

Breast Cancer Group (open to those with breast cancer) 1st & 3rd Monday, 7 – 8:30 PM

Metastatic Breast Cancer Group (open to those with advanced breast cancer) 2nd & 4th Tuesday, 3 – 4:30 PM

Ovarian Cancer Group (open to those with ovarian cancer) 2nd & 4th Thursday, 7 – 8:30 PM

Lung Cancer Group (open to those with lung cancer and their support people) 4th Monday, 6:30 – 8:00 PM

Blood Cancer Group (open to those with blood cancers and their support people) 4th Tuesday, 6:30 – 8:00 PM

Pancreatic Cancer Group (open to those with pancreatic cancer and their support people) 2nd Monday, 6:30 – 8:00 PM

Our weekly participant and caregiver support groups are for those who are interested in mending ongoing contact and are willing/able to commit to coming regularly. They meet Tuesday afternoons or Thursday evenings. Please contact a program staff member for more information about these groups.

Art Class: Decoupage
Thursday, March 19, 1:00 – 2:30 PM
Instructor: David Cunningham
Join us for a session in decoupage – the art of decorating an object by pasting pieces of different types of paper onto it. This process will involve creating collage on a three-dimensional surface; using magazine images and tissue paper to put our items, our piece will be a wonderful exploration of using decoupage to transform our chosen object into a work of art.

PLEASE bring an object that you would like to decoupage for this project. Examples of items that can be completed within our time frame are: a display cup, glass vase, window ornament, plate, or piece of bamboo. All other 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, March 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.

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

Lymphedema Management
Wednesday, March 25, 6:30 – 8:00 PM
(PLEASE NOTE early start time)
House Calls speaker: Christine Hudzcek, MPT, CLT
Lymphedema, a common condition that can sometimes be caused by cancer and cancer treatment, occurs when the lymph system is damaged or blocked. Join Christine Hudzcek, physical therapist at the University of Maryland St. Joseph Medical Center, to learn how to recognize the early warning signs of lymphedema, what you can do to reduce your risk and ways to manage lymphedema once it develops.

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

Put Your Best Face Forward
Monday, March 30, 12:30 – 2:30 PM
Guest Instructor: Michelle Word
Please Note: No 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 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 treatments and treatments. In addition to advice on skin care, hair and scalp issues, she will provide guidance on selecting wigs and head coverings.

Please bring what you have of the following (NO cosmetics will be provided):

- Foundation and/or powder
- Concealer
- Blush
- Eyeshadow
- Mascara
- Eyeliner
- Eyebrow pencil
- Lip liner/lipstick

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

Zentangle®
Monday, March 2, 1:00 – 2:30 PM
Guest Instructor: Becky Bryant, GZT
Please Note: Class is limited to 15 participants.

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).

Art and Healing
Tuesday, March 3 and 17, 2-4:5 – 6:15 PM
Instructor: Danielle Eicher, MA, ATR-BC, LCP, LCPT
The process of creating art is inherently therapeutic. Participating in the expressive arts may help you reclaim the creative part of yourself and your self-expression, even when everything is focused on your physical being. Research has documented potential benefits for those living with cancer including a possible reduction in anxiety, depression and pain.

This class provides a supportive space in which to use a wide variety of art supplies to visually express feelings. Art therapy allows you the opportunity to benefit from creative freedom and discover new ways of healing. No experience necessary.

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

Seated Chair Exercise – NEW!
Thursday, May 5, 1:00 – 2:00 PM
Instructor: Nancy Poznak, Certified Personal Trainer and Group Fitness Instructor
Think you can’t exercise because you have poor balance, can’t stand long enough or feel that typical exercise classes are too demanding? Think again! Seated exercises allow you to get the benefits of improved strength, balance, mobility, and flexibility without the risk of falling. We perform simple movements while seated and you still get an effective workout that’s fun!
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

Munch and Learn* Nutrition and Cancer: Finding Reliable Sources of Information
Monday, March 16 Lunch: 12:15 PM Program: 12:30 – 2:00 PM
House Calls speaker: Keri Ryniak, RD, CSO, LDN, CNCS
March is National Nutrition Month. Please join us as we welcome Keri, a Board Certified Oncology Dietitian, The Milton J. Dorchin, Provided by: The Milton J. Dorchin, Director of Nutrition. She will discuss the barriers to decluttering and share practical tips and resources to inspire you to get started.

Yarn, Needles and Hooks Two Sessions in March!
Mondays, March 9 & 23, 12:30 – 2:00 PM
Facilitator: Wanda Harrison, LCCS-W
Yarn, knitting and crochet with other needlecrafts are rewarding in that they provide a tangible result, but they can also be therapeutic. They provide a focal point, which can lessen stress and anxiety and make it easier to share what’s troubling you. And the repetitive motion may 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.

Let My Clutter Go
Thursday, March 12 Lunch: 12:15 PM Program: 12:30 – 2:00 PM
Guest Speaker: Amy Porter, Professional Organizer
When your environment is disorganized and you have too much “stuff”, it can be distracting, make it difficult to focus on your health and may contribute to feelings of anxiety. 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. Amy Porter, Professional Organizer and President of Your Life Less Messy, will discuss the barriers to decluttering and show practical tips and resources to inspire you to get started.

New! Lighted Ornaments, Plates and Ornaments
April 10, 12:30 – 2:00 PM
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

Munch and Learn*
NUTRITION AND CANCER: FINDING RELIABLE SOURCES OF INFORMATION
Monday, March 16
Lunch: 12:15 PM
Program: 12:30 – 2:00 PM
House Calls speaker: Keri Ryniak, RD, CSO, LDN, CNCS
March is National Nutrition Month. Please join us as we welcome Keri, a Board Certified Oncology Dietitian, The Milton J. Dorchin, Provided by: The Milton J. Dorchin, Director of Nutrition. She will discuss the barriers to decluttering and share practical tips and resources to inspire you to get started.

Lighted Ornaments, Plates and Ornaments
April 10, 12:30 – 2:00 PM
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

Munch and Learn*
Let My Clutter Go
Thursday, March 12
Lunch: 12:15 PM
Program: 12:30 – 2:00 PM
Guest Speaker: Amy Porter, Professional Organizer
When your environment is disorganized and you have too much “stuff”, it can be distracting, make it difficult to focus on your health and may contribute to feelings of anxiety. 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. Amy Porter, Professional Organizer and President of Your Life Less Messy, will discuss the barriers to decluttering and share practical tips and resources to inspire you to get started.

Lighted Ornaments, Plates and Ornaments
April 10, 12:30 – 2:00 PM
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

HopeWell's programs are always offered at no charge!