



Calendar of Events

Sussex County

October 2018

The mission of the Cancer Support Community Delaware is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. At CSCDE, all programs are offered at no charge to participants.

Sussex County

18947 John J. Williams Highway
Suite 312
Rehoboth Beach DE 19971

(302) 645-9150
Fax # (302) 645-9160

Monday - Thursday
9 am - 5 pm

Outreach Programs:

Nanticoke Cancer Care Center
801 Middleford Road, Seaford, DE

For a complete schedule of programs throughout Delaware, please visit our website:

www.cancersupportdelaware.org

Our programs are offered free of charge, but we request that you call to register in advance.

Ongoing Programs

Participant Groups are weekly support groups where people with cancer explore new ways of dealing with the physical and emotional effects of cancer. An interview is required before attending one of these groups.

Family Groups are weekly support groups for the primary emotional caregiver to explore ways to care for both their loved one with cancer and themselves. An interview is required before attending.

Stress Reduction Programs such as t'ai chi and yoga are offered to promote relaxation and a sense of well-being.

Meditation Sessions increase feelings of vitality and rejuvenation, and help reduce stress. Primordial Sound Meditation and meditation classes that incorporate guided imagery are offered to help optimize overall health.

Special Programs

Absolutely, Positively Beginner Yoga— Thursday's at 2pm—Join Reber Whitner, Certified Yoga Instructor and cancer survivor for this fun filled yoga class designed for anyone who is affected by cancer. The practice of yoga is known to relieve stress and restore balance. This class is for people just beginning the practice of yoga. NOTE* Change in time!

Matter of Balance— Fridays, beginning on October 12th at 10am until Noon -Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an 8 week series to address these issues. Please call Vol 50+ at 302-515-3020 to register.

The New You! - Wednesdays, October 3rd, 17th and 31st at 5 pm - As a cancer survivor, you may find yourself feeling sad and a bit disconnected even after you have completed your treatment. Join Clare Wilson, RN, MS and Cancer Care Coordinator at Tunnell Cancer Center for The New You!, a cancer survivorship support group.

Gentle Mindful Yoga - Tuesday, October 9th and 23rd at 9:00 am – Be mindful, concentrate on the present, relax and breathe. Join Hiba Stancovski, a certified yoga instructor who has specialized yoga training to help people affected by cancer.

Creative Journaling Circle – Tuesday, October 9th at 5:30 pm – Join Barb Buford for an informal, fun and creative open art studio session. No need to be intimidated. This class is about abstract, colorful, self expression! You will have access to a variety of supplies or you can bring your own supplies. No rules...just fun! This program is made possible, in part, by the Delaware Division of the Arts, a state agency dedicated to nurturing the arts in Delaware, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on www.DelawareScene.com.

October is National Breast Cancer Awareness Month! The Cancer Support Community, Delaware Breast Cancer Coalition, American Cancer Society, Nanticoke Cancer Care Center and Tunnell Cancer Center are celebrating survivorship with two special events featuring programs especially planned for breast cancer survivors. To register for either event, call 645-9150.



East Sussex Pink Ribbon Brunch – Tuesday, October 16th at 10am at the Cancer Support Community DE office, Suite 312.

Nanticoke Pink Ribbon Tea – Friday, October 12th at 1 pm at the Seaford Library, 600 N. Market Street Ext., Seaford.

Scary Good Cookin'- Monday, October 15th at 12 Noon- -Join Chef David Nolker of Have Knives Will Travel, as he prepares some delicious and nutritious Halloween dishes. Chef Dave includes some healthy options that make your Halloween more fun!

Metastatic Breast Cancer (MBC) Support Group - Thursday, October 18th at 6 pm - Please join Clare Wilson, RN, MS, Cancer Care Coordinator at Tunnell Cancer Center, as she facilitates this special Networking Group for women affected by metastatic breast cancer.

***Eating Well With Head and Neck Cancer**– Oct. 18th from 6:30 to 8:30pm-Facebook Live

Living Beyond Cancer: A Survivorship Series

Join us at the Cancer Support Community in Sussex for this monthly series. We will explore a variety of topics to help anyone whose life is touched by cancer learn how they can live their best life possible.

Movement For Life: Join Stacy La Motta of Healthy Renovations on Wednesday, October 24th at 5:30pm to learn how to ensure your continued independence and freedom to do daily activities— as well as leisure activities that you enjoy. Stacy, a certified Yoga Instructor and Medical Exercise Specialist, says, "If we don't move our bodies, we are no different than the car sitting on the lot that eventually rusts. In our bodies, "rust" shows up as joint dysfunction, degenerative joint disease, and other injuries that arise from lack of use.

October 2018 / Sussex County

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

The Next Step- 9am
20/20/20 Fitness - 10:30 am
Living With Loss- 5pm

2

Gentle Mindful Yoga - 9am
Creative Journaling Circle-5:30 pm

3

Yoga - 12 Noon
The New You! - 5 pm

4

Tai Chi - 12 Noon
Caring for the Caregiver - 1 pm
Cancer Support Group - 1 pm
BeginnerYoga-2 pm
Stiff Men's Yoga - 3:30 pm
Meditation for Relaxation - 5 pm

5

** Note:
Office open on Fridays
From 9am until 3pm*

6

8



Columbus Day- Offices Closed

9

15

20/20/20 Fitness - 10:30 am
Scary Good Cookin' -12 Noon
Living With Loss- 5pm

16

Eastern Sussex Breast Cancer
Survivors Brunch- 10 am

17

Yoga - 12 Noon
The New You! - 5 pm

18

Tai Chi - 12 Noon
Caring for the Caregiver - 1 pm
Cancer Support Group - 1 pm
BeginnerYoga-2:pm
Stiff Men's Yoga - 3:30 pm
Meditation for Relaxation - 5 pm
MBC Support Group - 6 pm
****Eating Well With Head and
Neck Cancer-6:30pm-NCC**

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Matter of Balance-10am

20

*** OCTOBER 18th**
*** Eating Well With Head and
Neck Cancer- Available on
Facebook Live in Sussex -6:30
pm. Please register in advance
for instructions and materials.
at 645-9150.

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20//20/20 Fitness - 10:30 am
Living with Loss- 5pm

23

Gentle Mindful Yoga - 9am

24

Yoga - 12 Noon
Living Beyond Cancer:
Movement For Life-5:30pm

25

Tai Chi - 12 Noon
Caring for the Caregiver - 1 pm
Cancer Support Group - 1 pm
BeginnerYoga-2 pm
Stiff Men's Yoga - 3:30 pm

26

Matter of Balance-10 am

27

29

20//20/20 Fitness - 10:30 am

30

31

Yoga - 12 Noon
The New You!- 5pm

Weekly Support Groups

Participant Group and

Family Group

Thursdays: 1 pm - 3 pm