



# Calendar of Events Sussex County

## November 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  
Friday -9am to 3pm

#### 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](http://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

**20/20/20 Fitness** - Mondays at 10:30 am – Studies support the value of exercise during and cancer treatment. Join Stacy LaMotta for 20/20/20, a diversified class that includes 20 minutes of Zumba, 20 minutes of strength training with elastic bands, and 20 minutes of yoga. Stacy demonstrates modifications so that the classes are appropriate for all levels .

**The Next Step** - Monday, November 5th at 9 am - Our monthly bereavement group focuses on issues of loss that continue beyond the early stages of grief. Facilitated by Meredith English, Bereavement Coordinator of Delaware Hospice.

**The New You!** - Wednesday , November 14th 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, November 13th and 27th at 9:00 am – Be mindful, concentrate on the present, relax and breathe. Join Hiba Stancofski, a certified yoga instructor who has specialized yoga training to help people affected by cancer.

**Creative Journaling Circle** – Tuesday, November 13th 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](http://www.DelawareScene.com).

**Metastatic Breast Cancer (MBC) Support Group** - Thursday, November 15th 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.

**Frankly Speaking About Clinical Trials**– Thursday , November 15th at 5:30 pm.- Being aware of clinical trials is important. Clinical trials drive progress in cancer treatment and care. Anyone facing cancer should be aware of clinical trials. If you are considering participating in a trial; or just want more information, this workshop is for you. The workshop will help you answer your questions about clinical trials and help prepare you to discuss them with your physician and health care team. Please join Jaci Fransisco, RN, Research Nurse at Tunnell Cancer Center to gain information about Clinical Trials available at Tunnell.

**Look Good.....Feel Better** - Monday, November 19th at 5pm - This program, which is sponsored by the American Cancer Society, NC and CFTA Foundation, teaches skin care and hair care techniques for women undergoing cancer treatment.

**Essential Oils: Holiday Scents**– Monday, November 19th at 5:30pm– Join Tammie Deputy to learn the benefits of Essential oils at the Holidays. This Make and Take class will get you into the Holiday spirit and learn more about essential oils.

#### 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.

**Medical Management**– Thursday, November 29th at 5:30pm- Join Isabel Benson,, NPC, AOCNP, from Tunnell Cancer Center and Nanticoke Cancer Care Center , as she discusses short and long term health risks after cancer treatment, as well as the late effects and long term concerns of cancer survivors.



# November 2018 / Sussex County



**Monday**


**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

<p><i>Weekly Support Groups</i> Participant Group and Family Group Thursdays: 1 pm - 3 pm</p>		<p>***The New You! - 5 pm on October 31, 2018</p>	<p><b>1</b> Tai Chi - 12 Noon Caring for the Caregiver - 1 pm Cancer Support Group - 1 pm Beginner Yoga- 2:00 pm Stiff Men's Yoga - 3:30 pm Meditation for Relaxation - 5 pm</p>	<p><b>2</b> Matter of Balance-10am</p>	<p><b>3</b></p>
<p><b>5</b> The Next Step- 9am 20/20/20 Fitness - 10:30 am</p>	<p><b>6</b></p>	<p><b>7</b> Yoga - 12 Noon</p>	<p><b>8</b> Tai Chi - 12 Noon Caring for the Caregiver - 1 pm Cancer Support Group - 1 pm Beginner Yoga- 2:00pm. Stiff Men's Yoga - 3:30 pm</p>	<p><b>9</b> Matter of Balance-10am</p>	<p><b>10</b></p>
<p><b>12</b> 20/20/20 Fitness - 10:30 am</p>	<p><b>13</b> Gentle Mindful Yoga - 9am Creative Journaling Circle-5:30 pm</p>	<p><b>14</b> Yoga - 12 Noon The New You! - 5 pm</p>	<p><b>15</b> Tai Chi - 12 Noon Caring for the Caregiver - 1 pm Cancer Support Group - 1 pm Beginner Yoga-2:00pm Stiff Men's Yoga - 3:30 pm Meditation for Relaxation - 5 pm FSA: Clinical Trials-5:30pm MBC Support Group - 6 pm</p>	<p><b>16</b> Matter of Balance-10am</p>	<p><b>17</b></p>
<p><b>19</b> 20//20//20 Fitness - 10:30 am Look Good...Feel Better-5pm Essential Oils: Holiday Sprays-5:30pm</p>	<p><b>20</b></p>	<p><b>21</b> Yoga - 12 Noon</p>	<p><b>22</b> Offices Closed- Thanksgiving Holiday </p>	<p><b>23</b> Offices Closed Thanksgiving Holiday</p>	<p><b>24</b></p>
<p><b>26</b> 20//20//20 Fitness - 10:30 am</p>	<p><b>27</b> Gentle Mindful Yoga - 9am</p>	<p><b>28</b> Yoga - 12 Noon</p>	<p><b>29</b> Tai Chi - 12 Noon Caring for the Caregiver - 1 pm Cancer Support Group - 1 pm Beginner Yoga-2pm Stiff Men's Yoga - 3:30 pm Living Beyond Cancer- Medical Management-5:30pm</p>	<p><b>30</b> Matter of Balance-10am</p>	<p><b>31</b></p>