



# Calendar of Events

## Sussex County

### December 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 - 9 am until 3 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](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 whether you are a new, returning or experienced exerciser.

**Tai Chi** - Thursdays at Noon - Our weekly Tai Chi class focuses on precise movements that allow the body to slowly transition from one position to the next. This practice attempts to coordinate the muscles, bones, heart and mind with the positive energy that surrounds the body. Tai Chi is not only beneficial in terms of stress reduction, but helps improve balance, stability and coordination.

**JOYful Holidays** - Monday, December 3rd at 3pm - Join Clare Wilson, Cancer Care Coordinator at Tunnell Cancer Center, to discuss living joyfully and mindfully through the holidays. For many the holidays can be a very stressful time. This timely program will focus on being present and living each day with purpose and meaning. Having fun, too!

**The Next Step** - Wednesday, December 5 at 1 pm - (**\*Note new day and time**) 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!** - Wednesdays, December 5th and 19th 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.

**Balanced Plate** - Monday, December 10th at 12 Noon - Winter meals do not need to be dull! In this workshop, Denise Clemons, Food Columnist for the Cape Gazette, will demonstrate how to make a nutritious and festive menu by concentrating on a balanced plate. She will share recipes for a delicious simmering soup, a protein rich salad and a seasonal fruit dessert.

**Gentle Mindful Yoga** - Tuesday, December 11th (only) 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. No yoga experience is necessary.

**Creative Journaling Circle** - Tuesday, December 11th 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).

**Holiday Open House** - Thursday, December 13th from 12 Noon until 4 pm - The holidays are a great time to connect with friends...old and new. Stop by the Cancer Support Community and help us get in the Holiday Spirit. We will have our tree up and excited to add any new ornaments that will remind us of YOU!! Holiday treats available.

**Metastatic Breast Cancer (MBC) Support Group** - Thursday, December 20th 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.

*Please support CSC's Wings of Hope Vendors at the CSCDE Holiday Boutique on Tuesday, December 4th between 3 and 5:30pm at McCurry Conference Room.*



# December 2018 / Sussex County



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**3**

20/20/20 Fitness – 10:30 am  
Joyful Holidays– 3pm

**4**

  
**CSCDE**  
**Holiday Boutique**  
3 pm until 5:30pm  
McCurry Conference Room

**5**

Yoga—12 noon  
The Next Step– 1pm  
The New You! - 5 pm

**6**

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

**7**

Matter of Balance– 10am

**8**

**10**

20/20/20 Fitness – 10:30 am  
Balanced Plate– 12 Noon

**11**

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

**12**

Yoga - 12 Noon

**13**

**Holiday Open House**  
**12 Noon until 4pm**  
Tai Chi - 12 Noon  
Caring for the Caregiver - 1 pm  
Cancer Support Group – 1 pm  
Beginner's Yoga– 2pm  
Stiff Men's Yoga – 3:30 pm

**14**

**15**

**17**

20/20/20 Fitness – 10:30 am

**18**

**19**

Yoga - 12 Noon  
The New You! - 5 pm

**20**

Tai Chi - 12 Noon  
Caring for the Caregiver - 1 pm  
Cancer Support Group – 1 pm  
Beginner's Yoga – 2pm  
Stiff Men's Yoga – 3:30 pm  
Meditation for Relaxation – 5 pm  
MBC Support Group – 6 pm

**21**

**22**

**24**

CSC Offices Closed  
to observe the  
Christmas Holiday

**25**

CSC Offices Closed  
to Observe the  
Christmas Holiday

**26**

The Cancer Support Community  
will not be offering programs this  
week to give our participants and  
staff a chance to be with their  
families. The office will, however,  
be open for routine business each  
day except where noted.

**27**

**28**

**29**



**31**

CSC Offices Closed  
to observe the  
New Year's Holiday

\*Living Beyond Cancer  
Series Continues in  
January 2019

*Weekly Support Groups*

Participant Group and Family Group

Thursdays: 1 pm - 3 pm