



Calendar of Events Sussex County

January 2019

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 until 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

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.

The Next Step - Monday, January 2nd at 1pm- 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. **Note day and time change.**

Living With Loss – Mondays at 5 pm for six weeks beginning January 7th at 2pm- The Cancer Support Community and Delaware Hospice collaborate to offer this support group for anyone who has lost a loved one in the past year. This series will be facilitated by Meredith English, Grief Counselor of Delaware Hospice.

Gentle Mindful Yoga - Tuesdays, January 8th and 22nd 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, January 8th 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.

Befriending the Body -Monday, January 14th at 3pm- During this collaborative program with Integrative Health Department of Beebe Healthcare, Raylen Williams will discuss exploring ways to cultivate self-compassion towards *all* parts of you. We will discuss the benefits of Embodied Mindfulness and Somatic Engagement. Raylen, who is a certified Phoenix Rising Yoga Therapist, will also demonstrate a mini Phoenix Rising Yoga Therapy experience. From having a deeper awareness of the mind-body connection, you will be able to navigate life with more clarity and ease. Dress Comfortably.

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.

Nutrition For Healthy Living, - Tuesday January 15th at 12:30 pm – Join Chef Miguel from Beebe Healthcare as he shares his personal story and his necessity to change his nutritional habits. He will share recipes and ideas that he uses as Chef and Instructor for the Ornish Reversal Program at Beebe.

After Ringing the Bell: Community of Courage- A Cancer Survivorship Conference
Join us on Thursday, January 17, 2019 at the Atlantic Sands Hotel ,101 N. Boardwalk Avenue, Rehoboth, from 8:30 am until 2:30 pm for this excellent day-long survivorship conference. Offered at no cost, this conference is intended for cancer survivors, their caregivers and healthcare professionals. Continental breakfast will be available in the morning and lunch is provided. You must pre-register online at: afterringingthebell2019.eventbrite.com. This event is hosted by Sussex Survivorship Coalition. For further information or questions, please call Kaye Webb at 645-9150.

Metastatic Breast Cancer (MBC) Support Group - Thursday, January 17th 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.



January 2019/ Sussex County

JOIN. GIVE. ACT.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7

 20/20/20 Fitness – 10:30 am
 Living With Loss– 2pm

1
 Office Closed to Observe
 New Year's Day Holiday

2
 Yoga—12 noon
 The Next Step– 1pm
 The New You! - 5 pm

3 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

4

5

8
 Gentle Mindful Yoga - 9am
 Creative Journaling Circle-5:30 pm

8
 Gentle Mindful Yoga - 9am
 Creative Journaling Circle-5:30 pm

9
 Yoga - 12 Noon

10
 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

11

12

14
 20/20/20 Fitness – 10:30 am
 Living With Loss– 2pm
 Befriending the Body –3pm

15
 Living Beyond Cancer: Nutrition For
 Healthy Living– 12:30 pm

16
 Yoga - 12 Noon
 The New You! - 5 pm

**17 Survivorship Conference–
 8:30am –Atlantic Sands**
 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

18

19

21
 Office Closed to Observe
 Martin Luther King Jr
 Day

22
 Gentle Mindful Yoga - 9am

23
 Yoga - 12 Noon

24
 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

25

26

28
 20/20/20 Fitness – 10:30 am
 Living With Loss– 2pm

29

30
 Yoga - 12 Noon

31 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

Weekly Support Groups
 Participant Group and Family Group
 Thursdays: 1 pm - 3 pm