



Calendar of Events

Sussex County

February 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 - 9 am 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 New You! - Wednesdays, February 6th and 20th 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.

A Healthy Sweetheart Dinner- Monday, February 11th at 12 noon– Please join Chef David Nolker, of Have Knives Will Travel , as he demonstrates a sweetheart worthy dinner, with healthier options. Chef Dave will help you impress anyone with his delicious menu ideas.

Gentle Mindful Yoga - Tuesday, February 12th and 24th 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. No yoga experience is necessary.

Knit Wits— Tuesday, February 12th at 10 am- Cynthia Valone and Camille Rafferty will guide new and experienced knitters through the basics of knitting. Everyone is welcome to join in! If you've never held knitting needles before, or if you're experienced, come spend an hour of relaxation, fun, and companionship.

Creative Journaling Circle – Tuesday, February 12th 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.

The Five Love Languages-Wednesday, February 13th at 5:30pm- Gary Chapman, author of *The Five Love Languages: The Secret to Love That Lasts*, states, "There are five emotional love languages, five ways that people speak and understand emotional love." In the #1 *New York Times* bestseller, you'll figure out the secret that has helped transform millions of relationships throughout the world. Join Clare Wilson, Oncology Mental Health Therapist at Tunnell Cancer Center, as she guides you to understand your own love language and how to grow with it.

Metastatic Breast Cancer (MBC) Support Group - Thursday, February 21st 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.

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.

Living Beyond Cancer: Emotional Support –Thursday, February 28th at 5:30 pm- Did you ever wonder what a support group was like? Many cancer survivors and other groups call their support group a lifeline. Do you dread sharing or think you won't fit in? Join Clare Wilson, Tunnell Cancer Center's Oncology Mental Health Therapist and support group Facilitator for CSC, to get a overview of a support group. This one time program may help you to make this important decision about emotional support.



February 2019 / Sussex County



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>4</p> <p>20/20/20 Fitness – 10:30 am Living With Loss– 2:00pm</p>	<p>5</p>	<p>6</p> <p>Yoga - 12 Noon The Next Step– 1pm The New You! - 5 pm</p>	<p>7</p> <p>Tai Chi - 12 Noon Caring for the Caregiver– 1pm Cancer Support Group – 1 pm Beginner's Yoga– 2pm Stiff Men's Yoga – 3:30 pm Meditation for Relaxation—5 pm</p>	<p>8</p>	<p>9</p>
<p>11</p> <p>20/20/20 Fitness – 10:30 am A Healthy Sweetheart Dinner- Noon Living With Loss– 2:00pm</p>	<p>12</p> <p>Gentle Mindful Yoga - 9am Knit Wits– 10 am Creative Journaling Circle-5:30 pm</p>	<p>13</p> <p>Yoga - 12 Noon The 5 Love Languages– 5:30 pm</p>	<p>14</p> <p>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</p>	<p>15</p>	<p>16</p>
<p>18</p> <p>Offices Closed to Observe President's Day</p>	<p>19</p>	<p>20</p> <p>Yoga - 12 Noon The New You! - 5 pm</p>	<p>21</p> <p>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</p>	<p>22</p>	<p>23</p>
<p>25</p> <p>20/20/20 Fitness – 10:30 am Living With Loss– 2:00pm</p>	<p>26</p> <p>Gentle Mindful Yoga - 9am</p>	<p>27</p> <p>Yoga - 12 Noon</p>	<p>28</p> <p>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 Living Beyond Cancer: Emotional Support-5:30pm</p>	<p><i>Weekly Support Groups</i></p> <p>Participant Group and Family Group Thursdays: 1 pm - 3 pm</p>	