



Calendar of Events

Sussex County

May 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

Monday - Thursday from 9 am - 5 pm
Friday - 9 am until 3pm

Kent County

812 S. Bradford St.
Dover, DE 19904
And
811 N. Broad St. - Suite 213
Middletown, DE 19709
(302) 734-0898

New Castle County

4810 Lancaster Pike
Wilmington, DE 19807
(302) 995-2850

For complete schedule of programs throughout Delaware, 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 may be required.

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 may be required.

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. 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.

Yoga Fit PREVIEW—Tuesday, May 7th at 5:00 pm- Align, strengthen and promote flexibility in your body and mind. Connect and link movement to your breath. Join Stacy LaMotta for this new evening yoga class preview. This new weekly evening yoga will begin regularly on June 4th.

Squelching Skin Cancer: Detection and Prevention - Friday, May 10th at 3:30pm - As summer approaches, we all need to be aware of the dangers of the sun's ultraviolet rays. Please join Lawrence Chang, MD, Board Certified Plastic Surgeon and Dermatological Surgeon of Rehoboth Plastic and Dermatological Surgery to learn the importance of skin cancer vigilance. Dr. Chang will speak on detecting and identifying skin cancer, as well as methods to prevent skin cancer. This educational and informational program will be held in Tunnell Cancer Center's Conference Room.

Gentle Mindful Yoga - Tuesday, May 14th at 9:00 am (**NO** class on May 28th) - 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, May 14th 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, May 14th 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.

Metastatic Breast Cancer (MBC) Support Group - Thursday, May 16th at 6 pm - Please join Clare Wilson, RN, MS, of Tunnell Cancer Center, as she facilitates this special Networking Group for women affected by metastatic breast cancer. The MBC Group is generously sponsored by Xi Sigma Chapter, Beta Sigma Phi, to honor and remember members and friends that are touched by cancer.

The Power of Your Plate—Monday, May 20th at 11:30 am—Kelly Leishear of Food For Life will focus on low fat, high fiber plant based foods packed full of antioxidants. Antioxidants are powerful compounds in our food that have been shown to be cancer fighting and immune boosting. Learn new nutritional information, sample some delicious food and receive recipes to help you to introduce more plant based foods into your diet.

Exploring Naturopathic Medicine— Tuesday, May 21st at 5:30 pm- Please join Kim Furtado, Naturopathic Doctor, in a small group discussion that provides an opportunity to learn more about naturopathic principles that can improve the quality of life for patients whose lives are touched by cancer. Kim will discuss Treating the Whole Person, Doing No Harm and the Healing Power of Nature. She will also discuss some principles that can aid in choosing a treatment plan, dietary changes and exploring supportive therapies." Learn how to empower yourself to look at cancer with a new lens and possibly move into a space of personal growth through the cancer experience. Also available on Facebook Live.



May 2019 / Sussex County



Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

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

6	20/20/20 Fitness – 10:30 am Living with Loss– 1pm	7	Yoga Fit Preview– 5:00 pm	8	Yoga - 12 Noon	9	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	10	Squelching Skin Cancer: Detection and Prevention- McCurry Conference Room– 3:30 pm	11	
13	20/20/20 Fitness – 10:30 am Living with Loss– 1pm	14	Gentle Mindful Yoga - 9am Knit Wits– 10 am Creative Journaling Circle-5:30 pm	15	Yoga - 12 Noon The New You! - 5 pm	16	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	17		18	
20	NO 20/20/20 Fitness The Power of Your Plate— 11:30 am Living with Loss– 1pm	21	Exploring Naturopathic Medicine (Facebook Live) -5:30 pm	22	Yoga - 12 Noon	23	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	24		25	
27	<i>Office Closed to Celebrate Memorial Day Holiday</i>	28	NO Gentle Mindful Yoga	29	Yoga - 12 Noon	30	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	31	 Memorial Day		