



# Calendar of Events

## Sussex County

### July 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 schedule of programs throughout Delaware, 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 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 - Join Stacy LaMotta for 20/20/20, a diversified class that includes 20 minutes of Zumba, 20 minutes of strength training 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** - Tuesdays at 5pm - Join Stacy LaMotta for this weekly evening yoga class to connect and link movement to your breath. Yoga Fit helps align, strengthen and promote flexibility in your body and mind.

**Community Gentle Yoga** - Beginning Tuesday, July 2nd at 6pm and continuing every other Tuesday until December Join Mary Bruno, fitness instructor for this new community program to be held at Burton Village Community Center, Rehoboth. \*NOTE new time!

**Gentle Mindful Yoga** - Tuesday, July 9th and 23rd at 9am - 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.

**Knit Wits** - Tuesday, July 9th at 10 am - Cynthia and Camille will guide new and experienced knitters through the basics of knitting. 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, July 9th 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).

**The New You!** - Wednesdays, July 10th and 24th 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 Oncology mental health Therapist at Tunnell Cancer Center for The New You!, a cancer survivorship support group.

**Healthy Summer Salads From Around the World** - Monday, July 15th at 12 Noon - Add some variety to your summer menus and include some healthy salads which are popular in other parts of the world. Chef David Nolker, of Have Knives Will Travel, will share these delicious recipes that will brighten your menu on a warm summer evening.

**Ask The Nurse: What's all the Hype about Hyperbaric Oxygen?** - Thursday, July 18th at 3pm - Please join Celeste Furstnau, BSN, ACHRN, CWS of Beebe Healthcare's Wound Healing and Hyperbaric Medicine. for this informational program. Celeste will share how hyperbaric may help you or a loved one with long term side effects from radiation.

**Understanding Lymphedema** - Monday, July 22nd at 2:30 pm - Cari Ossman, Lymphedema Specialist, at Beebe Rehab, explores lymphedema management after cancer surgery.

**Metastatic Breast Cancer (MBC) Support Group** - Thursday, July 25th 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.

**Nanticoke Chair Yoga - Coming Soon** - Tuesdays at 11am - Please join Bonnie Russell as she guides you in a new weekly chair yoga class designed for people with cancer and their caregiver. This program takes place at Allen Cancer Center, Nanticoke Health Services at 701 Middleford Rd. Seaford.



# July 2019 / Sussex County

**TAKE  
ON**  
CANCER  
TOGETHER  
JOIN. GIVE. ACT.

**Monday**


**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Satur-**

<b>1</b>	20/20/20 Fitness – 10:30 am	<b>2</b>	* Nanticoke Chair Yoga 11am Yoga Fit-5pm Community Gentle Yoga –6pm (Burton Village)	<b>3</b>	Yoga - 12 Noon The Next Step– 1pm	<b>4</b>	<b>Offices Closed– 4th of July Holiday</b> 	<b>5</b>	<b>6</b>
<b>8</b>	20/20/20 Fitness – 10:30 am	<b>9</b>	Gentle Mindful Yoga - 9am Knit Wits– 10 am *Nanticoke Chair Yoga—11am Yoga Fit– 5 pm	<b>10</b>	Yoga - 12 Noon The New You! - 5 pm	<b>11</b>	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	<b>12</b>	<b>13</b>
<b>15</b>	20/20/20 Fitness – 10:30 am Healthy Summer Salads from Around the World -12 Noon	<b>16</b>	*Nanticoke Chair Yoga –11am Yoga Fit– 5 pm Community Gentle Yoga –6pm (Burton Village)	<b>17</b>	Yoga - 12 Noon The New You! - 5 pm	<b>18</b>	Tai Chi - 12 Noon Caring for the Caregiver - 1 pm Cancer Support Group – 1 pm Beginner's Yoga –2pm What is the Hype about Hyperbaric Oxygen?- 3pm Stiff Men's Yoga – 3:30 pm	<b>19</b>	<b>20</b>
<b>22</b>	20/20/20 Fitness – 10:30 am Understanding Lymphedema- 2:30 pm	<b>23</b>	Gentle Mindful Yoga - 9am *Nanticoke Chair Yoga –11am Yoga Fit– 5 pm	<b>24</b>	Yoga - 12 Noon The New You! - 5 pm	<b>25</b>	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– 5 pm MBC Group– 6pm	<b>26</b>	<b>27</b>
<b>29</b>	20/20/20 Fitness – 10:30 am	<b>30</b>	*Nanticoke Chair Yoga– 11am Yoga Fit– 5 pm Community Gentle Yoga –6pm (Burton Village)	<b>31</b>	Yoga - 12 Noon	<p>*** Nanticoke Chair Yoga to begin soon! Please call to register and you will be notified of the exact start date of this new weekly program to take place on Tuesdays. At 11am.</p> <p><b>Weekly Support Groups</b> Participant Group and Family Group Thursdays: 1 pm - 3 pm</p>			