



Calendar of Events

Sussex County

March 2020

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

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.

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.

The Next Step - Wednesday March 4th at 1 pm - 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, March 4th and 18th 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 for The New You!, a cancer survivorship support group.

Creative Journaling Circle - Tuesday, March 10th 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.

Ask The Nurse: What's all the Hype about Hyperbaric Oxygen? - Thursday, March 12th 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.

Metastatic Breast Cancer (MBC) Support Group - Thursday, March 19th 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.

Living With Loss - Mondays at 2 pm for six weeks beginning March 23rd - 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..

Fat Facts - Tuesday, March 24th at 12 noon - Join Kelly Leishear of Food For Life, as she discuss "Fat Facts" - Fats are an important part of our diet although some types are healthier than others. Choosing the right fats may help lower your risk for cancer, heart disease and other health issues. Find out why is fat needed and even essential to health, types of dietary fat, recommended amount and how this important nutrient affects our health. Learn how to sauté' without oil, make baked goods without added butter, and how to incorporate more healthy fats into your diet. Fun, easy and delicious recipes will be prepared with handouts and tools to help you reach your wellness goals.

Running For My Health - Tuesday, March 31st at 6 pm - Join Shadette Brittingham, Medical Assistant and Practice Manager of the Beebe Medical Group, as she shares her personal survivorship story and discusses ways to get started on a walking or running program. Shadette will stress the importance of moving for health and how running or walking regularly helps to reduce stress!



March 2020 / Sussex County

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2 20/20/20 Fitness – 10:30 am	3 Nanticoke Chari Yoga– 11 am Community Exercise– 11 am Yoga Fit– 5 pm	4 Yoga - 12 Noon The Next Step– 1pm The New You! - 5 pm	5 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	6	7
9 20/20/20 Fitness – 10:30 am General Support Group–5:30 Held At Bayhealth Sussex Call 302-734-0898	10 Gentle Mindful Yoga –9am <i>(Knit Wits" will take a hiatus until Fall 2020. Thanks to Camille and Cynthia.)</i> Yoga Fit– 5 pm	11 Yoga - 12 Noon	12 Tai Chi - 12 Noon Caring for the Caregiver– 1pm Cancer Support Group – 1 pm Beginner's Yoga– 2pm Ask The Nurse: Hyperbaric-3pm Stiff Men's Yoga – 3:30 pm	13	14
16 20/20/20 Fitness – 10:30 am	17 Nanticoke Chair Yoga– 11am Community Exercise– 11 am Yoga Fit– 5 pm Creative Journaling Circle-5:30pm	18 Yoga - 12 Noon The New You! - 5 pm	19 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	20	21
23 20/20/20 Fitness – 10:30 am Living With Loss– 2pm General Support Group–5:30 Held At Bayhealth Sussex Call 302-734-0898	24 Gentle Mindful Yoga-9am Fat Facts-12 Noon Yoga Fit– 5 pm	25 Yoga - 12 Noon	26 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	27	28
30 20/20/20 Fitness – 10:30 am Living With Loss– 2pm	31 Community Exercise– 11 am Yoga Fit– 5 pm Running For My Health– 6pm			<i>Weekly Support Groups</i> Participant Group and Family Group Thursdays: 1 pm - 3 pm	