

WELLNESS FOR CANCER CARE

OCTOBER, NOVEMBER, DECEMBER 2023



All programs are currently offered virtually. Visit AquilinoCancerCenter.com/Calendar or scan the QR code to view our updated calendar and register for classes. Questions? Contact ACCPrograms@AdventistHealthCare.com.

| CLASSES & EVENTS | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|--|--------|--|--|---|--------------|
| MIND, BODY & SPIRIT | Mindfulness Based Stress Reduction 5:30 – 7:30 p.m. | | | Sept. 20 – Nov. 8 | | |
| | Gentle Hatha Yoga 10 – 11 a.m. | | | Every Wednesday | | |
| | Gentle Yoga with Meditation 10 – 11 a.m. | | | | | Every Friday |
| | Mindfulness Five-Weeks 5:30 – 7:30 p.m. | | | Nov. 15 – Dec. 20 *No Class on Nov. 21 & Dec. 27 | | |
| | Spiritual Connections New Message Each Month Afternoon Session: 1 – 2 p.m. Evening Session: 5:30 – 6:30 p.m. | | | | Afternoon Session: Oct. 19 Nov. 16 Dec. 14 Evening Session: Nov. 2 Nov. 30 Dec. 28 | |
| | Meaningful Moments Experiential Educational Seminar 1 – 2 p.m. | | | Dec. 6 | | |
| EATING WELL | Nutrition for Cancer Care <i>After a thorough evaluation of our nutrition services offered at the Aquilino Cancer Center and White Oak Cancer Center our nutrition classes and appointments will be paused temporarily. We are working to create new and exciting opportunities for access to nutrition support. We recognize there may be a gap in class offerings until support begins in late 2023.</i> <i>During this time, we have created many nutrition resources for guidance. Please ask a member of your care team for this nutrition guide or simply email ACCPrograms@AdventistHealthCare.com.</i> | | | | | |
| NAVIGATING CANCER | Coping Conversations New Topics Each Session 1 – 2 p.m. | | Oct. 10 & 24 Nov. 7 & 21 Dec. 5 & 19 | | | |
| | Writing Your Legacy – Finding Meaning through Sharing Your Stories Six-Week Workshop 1:30 – 3:30 p.m. | | | Oct. 11, 18 & 25 Nov. 1, 8 & 15 Optional Session: Nov. 29 | | |
| | Exploring Palliative Care Educational Seminar 1 – 2 p.m. | | | | Oct. 26 | |
| | Preventing Falls: Fall Risk After a Cancer Diagnosis 12:30 – 1:30 p.m. | | Nov. 7 | | | |

SEE BACK FOR CLASS DETAILS.

CLASS DESCRIPTIONS

MIND, BODY & SPIRIT

Mindfulness Based Stress Reduction

MBSR helps guide people through the challenges of day-to-day life. The basis of MBSR is mindfulness. This is the state of being aware of something and focusing on those thoughts and feelings. **Gina Sager**, a retired board-certified general surgeon, leads this eight-week class.

Gentle Hatha Yoga

Gently de-stress and de-compress while building strength and flexibility with yoga teacher, **Dee Gold**, RYT.

Gentle Yoga with Meditation

Amy Morrison, RYT, leads you in a relaxing hour of gentle yoga. Improve energy and ease of movement. The class uses stretches and gentle yoga positions. Beginners are welcome.

Mindfulness

Join us in guided meditation and yoga nidra. Together, these practices benefit your body's immune and nervous systems. It also has the same effect as getting two to six hours of restful sleep on the brain. This class helps patients to find ease in their current mindset. Beginners welcome.

Spiritual Connections

New Message Each Month!

All are welcome to this new monthly group. Our group begins with a reading and deep listening session featuring wisdom texts from a diverse range of spiritual and secular sources. Together, we embark on a journey to explore and share our individual connections with meaning and spirituality, allowing us to discover our unique spiritual paths.

Meaningful Moments – Experiential Educational Seminar

This winter we are proud to introduce Meaning Centered Group Therapy (MCGT) into our suite of wellness offerings for cancer patients. MCGT, led by Memorial Sloan Kettering trained therapists helps individuals discover and connect to their own sources of meaning and individual life experiences. Join us in this “sampler” session to engage in your own meaningful discoveries and decide if this experience is right for you.

EATING WELL

Nutrition for Cancer Care

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CONNECTING WITH YOUR CANCER CARE TEAM

Navigation & Social Work

Aquilino Cancer Center: Michele McBride

Oncology Nurse Navigator
240-826-2014 | MMcBride@AdventistHealthCare.com

White Oak Cancer Center: Mark Romero, MSW, LMSW

Oncology Social Worker
301-933-3216, Ext. 4722 | Mark.Romero@USOncology.com

NAVIGATING CANCER

Coping Conversations

Topics: Oct. 10 – Coping with the “New Normal”

Oct. 24 – Coping with the Fear of Recurrence

Nov. 7 – Coping with the Holidays

Nov. 21 – Finding Joy

Dec. 5 – Importance of Resiliency

Dec. 19 – Goal Setting and Priorities: Taking Control

Life with cancer brings a unique set of practical, physical, emotional, and spiritual challenges. Join us to learn new information and skills essential to coping well.

Stephanie Stern leads this conversation where she brings years of knowledge working with patients and families in all stages. Each month a new focus topic will start the conversation. Drop-in to any or all sessions.

Writing Your Legacy –

Finding Meaning through Sharing Your Stories

In this six-week guided workshop participants will write about aspects of their life two pages at a time. Each week, instructor Sheryl Sieracki, guides participants through a discussion about the week's theme, tools and perspectives to help inspire your writing and time to share your story with others in the group to receive positive, supportive feedback.

Exploring Palliative Care – Educational Seminar

Join the Adventist HealthCare Palliative Care Social Work team to learn about how they help patients and families. They'll discuss the differences between palliative and hospice care, how it enhances well-being for those living with a serious illness and who qualifies for this compassionate support.

Fall Risk After a Cancer Diagnosis – Educational Seminar

Learn how to stay safe and strong after a cancer diagnosis. Join the Adventist HealthCare Cancer Rehabilitation team in this educational seminar to discover who might be at risk, the importance of preventing falls, simple steps to reduce fall risk and how cancer rehab can help.