

Circle of Caring Children's Program October 2017

The Cancer Support Community invites children who have a family member affected by cancer to the following programs:

October 13th 4:30-6pm SPECIAL EVENT: Campfire Program

Join us for an afternoon of support, friendship, crafts, and fun.

October 20th 5-6pm Children's Yoga

October 27th 4:30-6pm Friendship Friday Drop-In Support Group

All programs listed above are held at 199 Prospect Street Lakewood, NJ 08701.

Kindly call 732-923-6090 to register for these free programs.

Monmouth Medical Center | RWJBarnabas
Monmouth Medical Center | HEALTH
Southern Campus


CANCER SUPPORT
COMMUNITY
at
MONMOUTH MEDICAL CENTER
in
MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS

October Highlights – Registration is required for all programs: 732-923-6090

Cancer Support Community at Monmouth Medical, Maysie-Stroock Pavilion, 300 2nd Ave., Ste.ST-007, Long Branch

Support Groups – Long Branch:

Man to Man Prostate Support Group – Tuesday, Oct 3, 9-10 AM.

Young Survival Coalition (YSC) – Breast support group for women age 45 & under, Wednesday, Oct 4, 6:30-8 PM

Brain Tumor Support Group – For patients and family members, Friday, Oct 6, 11 AM -12 noon

Time to Talk...Breast Cancer Group (all ages), Wednesday, Oct 11, 5:30-7 PM

New Time Woman to Woman – Exploring sexuality and other issues after a cancer diagnosis. For women only.
Monday, Oct 23, 6 – 7 PM

New Date/New Time Wounded Healer – Support group for healthcare professionals impacted by a cancer diagnosis,
Monday, Oct 30, 6 - 7 PM

Special Events – Long Branch:

***Crystal Bowl Meditation: Healing With Sound** – Thursday, Oct 12th, 6:30-8 PM, Diamond Pavilion at Monmouth Medical Center. The harmonics of singing bowls is considered a vital option in relaxing the mind and the body while promoting a feeling of well-being. Join Diane Todd as she explains the history of this practice, leads us in a guided meditation, and invites us to experience the soothing vibrations of the crystals. Please wear comfortable clothing. The Cheryl L. Diamond Pavilion is accessed from the Third Ave. entrance (across from train station). Call 732-923-6090 to register.

*CSC would like to acknowledge the Finn Family, who graciously support the music program at Monmouth Medical Center

Medicare & You! Join Monmouth County SHIP Counselor, Samantha White, to learn about different Medicare plans and your options during open enrollment, Wednesday, Oct 18th, 6-8 PM.

NEW Creative Expressions: Finding Your Voice – Tuesday, October 24th, 2:30-4 PM. Finding one's voice can take many forms: journaling, vision boards, drawing, painting, music, collage. Join us as we explore these and other ways express ourselves.

Also this month: **Crochet Corner** (10/11), and all your favorites: **Zumba, Yoga, Exercise for Strength, Qi-Gong/Tai-Chi, Relaxation & Meditation & Ageless Grace Fitness for the Mind & Body** (see calendar for dates/times).

Cancer Support Community at Monmouth Medical Center, Southern Campus, 199 Prospect Street, Lakewood

Support Groups – Lakewood:

All Cancers Support Group – Support for patients, family members, and supportive friends. Monday, Oct 16, 12-1:30 PM

Bereavement Group, Monday, Oct 30, 12 noon - 1 PM

Special Events - Lakewood:

Medicare & You! Join Ocean County SHIP Counselor, Mark Gerhauser, to learn about different Medicare plans and your options during open enrollment. Wednesday, October 4th, 10 AM – 12 noon.

Look Good Feel Better® – Program for women dealing with hair loss & skin changes from cancer treatment. Learn tips & techniques to make the most of your appearance while undergoing treatment. Registration through the American Cancer Society required, 1-800-227-2345, Monday, Oct 30, 12:30- 2:30 PM

Freedom From Smoking® – For information on the next free 8 week session, please call 732-923-6090.

Coffee & A Craft - Monday, Oct 23, 12-1:30

What's In Your Toolkit? Practices to reduce stress & increase resilience, with Regina Rosenthal, PT, MA, RYT-200,
Monday, Oct 30, 1-2 PM

Also this month: **Gentle yoga, exercise for strength, guided relaxation.**

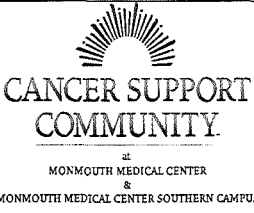
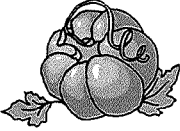


Children's Circle of Caring Program – Lakewood:

The Campfire Event! Friday, Oct 13, 4:30 – 6 PM Support, crafts, fun! (snacks provided)

New Children's Yoga – Friday, Oct 20, 5-6 PM. We invite children who have a loved one affected by cancer to participate in an introductory yoga class which incorporates breathing techniques and poses in a fun and relaxed environment, led by Miss Kimberly, certified children's yoga instructor

Friendship Friday - Friday, Oct 27, 4:30 – 6 PM Drop in support group, snacks provided.

Caregiver Connect – Telephone support group for caregivers, Wednesday, Oct 27, 8-9 PM. Call 732-923-6090 to register. Once registered, you will receive a dial-in code with access information.

Oct 2017	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY at MONMOUTH MEDICAL CENTER & MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<p>2 Freedom From Smoking 8 wk smoking cessation program (Must attend all 8 sessions) Session #5 - 12-1:30 PM</p> <p>Yoga 2-3 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p>3 Man to Man Prostate Support Group with Dr. Sang Sim, 9-10 AM</p> <p>No afternoon or evening CSC programs</p>	<p>4 Medicare & You! Learn about different Medicare plans, w/Mark Gerhauser, Ocean County SHIP Program, 10-12 PM – Held at CSC 199 Prospect St., Lakewood Young Survival Coalition (YSC) Breast Support Group 6:30 – 8 PM (Long Branch)</p>	<p>5 Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong 1-2 PM</p> <p>US Too Prostate Support Group 7-9 PM</p>	<p>6 Freedom From Smoking 8 wk smoking cessation program Session #6 –1-2:30 PM</p> <p>Brain Tumor Support Group For patients and family members (Long Branch) 11- 12 PM</p>
<p><i>Support, Education & Hope... Free programs for those affected by cancer —patients, caregivers, family & friends</i></p>	<p>9 COLUMBUS DAY CLOSED</p> 	<p>10 Ovarian Cancer Support Group 11:30 – 1** (** call for room location)</p> <p>Relaxation & Meditation 1-2 PM Exercise for Strength 5-6 PM Restorative Yoga 6-7:30 PM</p>	<p>11 Crochet Corner 11:30 – 1 PM (Long Branch)</p> <p>Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)</p>	<p>12 Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong 1-2 PM SPOHNC-Oral/Head/Neck** Support Group 6 PM Crystal Bowl Meditation: Healing With Sound 6:30- 8 PM, Diamond Pavilion Call to register & for room location</p>	<p>13 Freedom From Smoking 8 wk smoking cessation program Session #7 - 12-1:30 PM</p> <p>Circle of Caring Children's Program The Campfire Event 4:30 - 6 PM (Lakewood) After school snack provided</p>
<p>Programs listed in black at Monmouth Medical Center 300 2nd Ave., Suite ST-007 Maysie-Stroock Pavilion Long Branch, NJ (LB) Programs in red held at Cancer Support Comm. 199 Prospect St. Lakewood, NJ</p>	<p>16 All Cancers Support 12 – 1:30 PM</p> <p>Yoga 2-3 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p>17 Relaxation & Meditation 1 – 2 PM</p> <p>Exercise for Strength 5-6 PM Restorative Yoga 6-7:30 PM</p>	<p>18 Medicare & You! Learn about different Medicare plans, w/Samantha White, Monmouth County SHIP Program Held at CSC, Long Branch 6-8 PM</p>	<p>19 Easy Zumba Gold 10:15-10:45</p> <p>Yoga 11-12 PM Tai-Chi Easy 1-2 PM</p>	<p>20 Freedom From Smoking Final Session #8 - 12-1:30 PM Circle of Caring Children's Program NEW! Children's Yoga Intro to yoga incorporates breathing techniques and fun, relaxed poses, 5 -6 PM(Lakewood)</p>
<p>What to Expect... Orientation for Patients Newly Diagnosed w/ Breast Cancer is scheduled every Thursday 1- 2 PM Please call 732-923-6090 for room location</p>	<p>23 Coffee & a Craft 12 – 1:30 PM Yoga 2-3 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM Woman to Woman Explore sexuality & other issues after a cancer diagnosis, 6 - 7 PM (Long Branch) Support group for women only</p>	<p>24 Relaxation & Meditation 1-2 PM Creative Expressions 2:30- 4 PM Exercise for Strength 5-6 PM Restorative Yoga 6-7:30 PM</p>	<p>25 Caregiver Connect Telephone support group for caregivers, 8-9 PM</p> <p>Call 732-923-6090 to register Once registered, you will receive a dial-in code with access information</p>	<p>26 Easy Zumba Gold 10:15-10:45</p> <p>Yoga 11-12 PM Tai-Chi Easy 1-2 PM Ageless Grace Timeless fitness for the body & mind, 2-3 PM</p>	<p>Circle of Caring Children's Program Friendship Friday 4:30-6 PM (Lakewood) After school snacks provided!</p>
<p>*Registration is required by calling ACS, American Cancer Society at 1-800-227-2345</p>	<p>30 Look Good Feel Better* 12:30 -2 PM (register through ACS) Bereavement Group 12-1 PM What's In Your Toolkit? Reduce stress/increase resilience, 1-2 PM Yoga 2-3 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM Wounded Healer – Support for healthcare professionals, 6 PM (LB)</p>	<p>31 Relaxation & Meditation 1-2 PM Exercise for Strength 5-6 PM Restorative Yoga 6-7:30 PM</p>			<p>If you are <u>currently in active treatment</u>, medical clearance is required for any physical activity class. Call 732-923-6090 for further information</p>

Registration is required for all programs. All special events and new groups/new times are highlighted. Please call 732-923-6090 for additional information.