

CANCER SUPPORT PROGRAMS OCT 2019

MON	TUES	WED	THUR	FRI
	1 Lymphatic Yoga 11 am – 12 pm; Room 1A Zumba 12 – 1 pm; HNH Fitness Drum Circle 6:30 – 7:30 pm; Room 2	2 Cancer Recovery Fitness 11:15 am – 12:15 pm; Room 3 Awareness through Movement 4 – 5 pm; Room 3 Gynecological Cancer Support Group 5 – 6:30 pm; 2nd Fl. Cancer Center	3 Qi Gong & Tai Chi 5:30 – 6:30 pm; Room 3	4 Morning Yoga 11 am – 12 pm; Room 4 Quilting Club 12 – 3 pm; Room 2 Knit/Crochet Club 1 – 3 pm; Yarn Dezvous
7 Cancer Recovery Fitness* 11:15 am – 12:15 pm; HNH Fitness Cancer Support Group 2:15 – 3:15 pm; Room 1A	8 Lymphatic Yoga 11 am – 12 pm; Room 3 Qi Gong & Tai Chi 2 – 3 pm; Room 4	9 Halloween Card Workshop 2:30 – 4 pm; Room 1A	10 Building Resiliency 12 – 1 pm; Room 1B Art and Soul 1:30 – 3 pm; Room 2 Smartphone Photography 3:30 – 4:30 pm; Room 2 Smartphone Photo Editing 4:30 – 5:30 pm; Room 2 Qi Gong & Tai Chi 5:30 – 6:30 pm; Room 2	11 Morning Yoga 11 am – 12 pm; Room 4 Knit/Crochet Club 1 – 3 pm; Yarn Dezvous
14 Cancer Recovery Fitness* 11:15 am – 12:15 pm; HNH Fitness	15 Lymphatic Yoga 11 am – 12 pm; Room 3 Meditation 1 – 2 pm; Room 1A Pilates 2 – 3 pm; Room 4 Mindful Eating 3 – 4 pm; Room 3	16 Cancer Recovery Fitness 11:15 am – 12:15 pm; Room 3 Lymphedema Workshop 4:30 – 5:30 pm; Room 3 Evening Yoga 5:30 – 6:30 pm; Room 4	17 Building Resiliency 12 – 1 pm; Room 1B Smartphone Photography 3:30 – 4:30 pm; Room 1A Smartphone Photo Editing 4:30 – 5:30 pm; Room 1A	18 Quilting Club 12 – 3 pm; Room 2 Knit/Crochet Club 1 – 3 pm; Yarn Dezvous
21 Cancer Recovery Fitness* 11:15 am – 12:15 pm; HNH Fitness	22 Lymphatic Yoga 11 am – 12 pm; HNH Fitness	23 Cancer Recovery Fitness 11:15 am – 12:15 pm; Room 3 Awareness through Movement 4 – 5 pm; Room 1A Scrapbooking 101 3:30 – 6 pm; Room 3	24 Smartphone Photography 3:30 – 4:30 pm; Room 2 Smartphone Photo Editing 4:30 – 5:30 pm; Room 2	25 Morning Yoga 11 am – 12 pm; Room 4 Knit/Crochet Club 1 – 3 pm; Yarn Dezvous
28 Cancer Recovery Fitness* 11:15 am – 12:15 pm; HNH Fitness Post-Treatment Support Group 1 – 2 pm; Room 5	29 Lymphatic Yoga 11 am – 12 pm; Room 2 Gentle Yoga 1:30 – 2:30 pm; HNH Fitness Meditation 1 – 2 pm; Room 2 Mahjong 5 – 7 pm; Room 2	30 Cancer Recovery Fitness 11:15 am – 12:15 pm; Room 2 Awareness through Movement 4 – 5 pm; Room 1A	31 Meditation with Tibetan Bowls 11 am – 12 pm; Room 2 Smartphone Photography 3:30 – 4:30 pm; Room 1A Smartphone Photo Editing 4:30 – 5:30 pm; Room 1A	

*** Wellness Classes listed in blue are held at HNH Fitness**
514 Kinderkamack Road, Oradell, NJ

Registration required for all classes and special events.

Contact Courtney Lozano at 201-833-3392 or clozano@holyname.org

For on-line registration and to view monthly calendar visit:
holyname.org/CancerSupport



 **Uniting Gilda's Club and The Wellness Community**

CANCER SUPPORT PROGRAMS OCT 2019

HEALTH & WELLNESS

Cancer Recovery Fitness

Oncology Fitness Instructors lead gentle strength and stretching exercises for anyone in treatment or post-treatment.

Dates: Wednesdays, October 2, 16, 23, 30

Time: 11:15 am – 12:15 pm

Location: Marian Hall Conference Rooms vary. Check with front desk.

Led by: Carol Michaels and Cheryl Faine
Oncology Fitness Instructors

Qi Gong and Tai Chi

Qi Gong and Tai Chi consist of slow, graceful exercises that combine movement, meditation, and breathing to improve well-being.

Dates and Times:

Tuesday, October 8, 2 pm

Thursdays, Oct 3 and Oct 10, 5:30 pm

Location: Marian Hall Conference Rooms vary. Check with front desk.

Led by: Johanna Albin

Pilates

Pilates is a form of exercise that aims to develop flexibility, improve posture, strength, and balance allowing an increase in range of motion throughout the body. Open to anyone impacted by cancer.

Date: Tuesday, October 15

Time: 2 – 3 pm

Location: Marian Hall Conference Room 4

Led by: Liz Millner

Morning Yoga

Open to anyone impacted by cancer.

Dates: Fridays, October 4, 11, 25
(No yoga October 18)

Time: 11 am – 12 pm

Location: Marian Hall Conference Room 4

Led by: Barbara Finlayson

Evening Yoga

Open to anyone impacted by cancer.

Date: Wednesday, October 16

Time: 5:30 – 6:30 pm

Location: Marian Hall Room 4

Led by: Rita Anandpara

Meditation with Tibetan Bowls

Join us and learn how this unique stress relief technique can promote calm and relaxation.

Date: Thursday, October 31

Time: 11 am – 12 pm

Location: Marian Hall Room 2

Led by: Irene Fahlander

Lymphatic Yoga

Learn gentle movements to help reduce swelling and improve range of motion, flexibility, balance, and lymph flow. Mats available or modified movements on a chair.

Dates: Tuesdays, October 1, 8, 15, 29

Time: 11 am – 12 pm

Location: Marian Hall Conference Rooms vary. Check with front desk

Led by: Linda Davida
*Certified Yoga Alliance and
Meditation Instructor*



Awareness through Movement

Through the Feldenkrais Method of Movement, participants can learn to let go of unnecessary tension, develop improved posture, reduce aches and pains, and develop better balance.

Date: Wednesdays, October 2, 23, 30

Time: 4 – 5 pm

Location: Marian Hall Conference Rooms vary. Check with front desk

Led by: Joyce Bendavid

Meditation

Meditation is a great way to find relaxation, reduce stress and refocus your mind.

Dates: Tuesdays, October 15 and 29

Time: 1 – 2 pm

Location: Marian Hall Conference Rooms vary. Check with front desk

Led by: Molly Arney

HNH FITNESS

NEW wellness classes available at HNH FITNESS in Oradell:

These programs are available through Cancer Support Community and are held at HNH Fitness in Oradell. These classes are open to individuals with a cancer diagnosis.

Gentle Yoga

Practice slow gentle stretching with breathing exercises to promote stress relief and relaxation. Mats available or modified movements on a chair.

Date: Tuesday, October 29

Time: 1:30 – 2:30 pm

Location: HNH Fitness
514 Kinderkamack Road, Oradell

Led by: Charlotte Stone
Certified Yoga Instructor

Lymphatic Yoga

Learn gentle movements to help reduce swelling and improve range of motion, flexibility, balance and lymph flow. Mats available or modified movements on a chair.

Date: Tuesday, October 22

Time: 11 am – 12 pm

Location: HNH Fitness
514 Kinderkamack Road, Oradell

Led by: Linda Davida
*Certified Yoga Alliance and
Meditation Instructor*

Cancer Recovery Fitness

Open to those in treatment, post-treatment, and post-surgery to help with range of motion, strength, posture, balance, lymphedema, endurance, and self-esteem.

Dates: Mondays, October 7, 14, 21, 28

Time: 11:15 am – 12:15 pm

Location: HNH Fitness
514 Kinderkamack Road, Oradell

Led by: Carol Michaels and Cheryl Faine
Oncology Fitness Instructors

Zumba

Join us for the perfect combination of fitness and fun.

Dates: Tuesday, October 1

Time: 12 – 1 pm

Location: HNH Fitness
514 Kinderkamack Road, Oradell

Led by: Brittany Tierney

Cancer Support Community is a National Organization, which partnered with Holy Name Medical Center in 2016. This is a community-based program that offers free cancer support programs to anyone impacted by cancer, even for those who don't receive care at Holy Name. These programs are open to patients in treatment, post-treatment, caregivers, family members, and survivors. Participating in these programs promotes social connections, decreases feelings of isolation and positively impacts emotional well-being. We invite you to join us. Registration is required for all events. To register, and to view monthly programs, visit: holyname.org/CancerSupport or call Cancer Support Community at **201-833-3392**.

EDUCATIONAL WORKSHOPS

Building Resiliency

Join this two-part workshop and discover a sense of accomplishment, empowerment and well-being.

Dates: Thursdays, October 10 and 17

Time: 12 – 1 pm

Location: Marian Hall Conference Room 1B

Led by: Barbara Finlayson

Mindful Eating

Discover a healthy relationship with food to positively affect your health and well-being.

Date: Tuesday October 15

Time: 3 – 4 pm

Location: Marian Hall Conference Room 3

Led by: Debbie Bessen

Lymphedema Workshop

Learn signs, symptoms, causes, and lifestyle recommendations. Understand how to self-monitor and manage swelling.

Dates: Wednesday, October 16

Time: 4:30 – 5:30 pm

Location: Marian Hall Conference Room 3

Led by: Barbara Finlayson

Six-Week Smartphone

Workshops



Smartphone Photography

This six-week workshop is now open to Android and iPhone users. The potential for professional quality photos is right in your pocket. Discover helpful shooting tips, techniques and editing apps to capture great shots. Learn how to share and store photos.

Dates: Thursdays, October 10 – November 14

Time: 3:30 – 4:30 pm

Location: Marian Hall Conference Rooms vary. Check with front desk.

Led by: Phyllis Shenny

Art Director and Cancer Survivor

Smartphone Photo Editing

This six-week workshop is now open to Android and iPhone users. You don't have to be a professional artist to experience the power of self expression. Create beautiful artwork on your device with apps, editing tools and special effects.

Date: Thursdays, October 10 – November 14

Time: 4:30 – 5:30 pm

Location: Marian Hall Conference Rooms vary. Check with front desk.

Led by: Phyllis Shenny

Art Director and Cancer Survivor

SOCIAL ACTIVITIES

Drum Circle

Drumming offers a therapeutic outlet that leaves many participants feeling both energized and relaxed.

Date: Tuesday, October 1

Time: 6:30 – 7:30 pm

Location: Marian Hall Room 2

Led by: Phillip Mihalik

Knit/Crochet Club

Whether a beginner or a pro, you'll have the opportunity to do something you enjoy with the companionship of others. Follow step-by-step instructions or bring a project you're working on. All supplies provided. Beginners welcome.

Dates: Fridays, October 4, 11, 18, 25

Time: 1 – 3 pm

Location: Yarn Dezvous
495 Cedar Lane, Teaneck, NJ

Led by: Lori Hyde-Galati

Quilting Club

No experience necessary. All supplies provided. Meetings will be held 2x a month on Fridays.

Date: Fridays, October 4 and 18

Time: 12 – 3 pm

Location: Marian Hall Room 2

Led by: Janelle Malone

Halloween Card Workshop

Join us and create your own Halloween themed cards. All card stock and craft supplies are provided.

Date: Wednesday, October 9

Time: 2:30 – 4 pm

Location: Marian Hall Conference Room 1A

Led by: Crystal Jenisch

Art and Soul

Creative Arts can help reduce stress and offer a therapeutic outlet. Each session will be dedicated to a different art form, encouraging creative expression. No art background needed. Beginners welcome.

Dates: Thursday, October 10

Time: 1:30 – 3 pm

Location: Marian Hall Room 2

Led by: Phyllis Shenny

Scrapbooking 101

Learn how to display photos in a creative and personalized way. Scrapbooking offers a fun and thoughtful way to preserve and share memories. Follow step-by-step instructions to learn how to prepare specially themed layouts.

Date: Wednesday, October 23

Time: 3:30 – 6 pm

Location: Marian Hall Conference Room 3

Led by: Suzanne Seidel

Mahjong

Looking for a group to play mahjong? Want to learn to play? Join us for an evening of fun, friends, and tiles!

Dates: Tuesday, October 29

Time: 5 – 7 pm

Location: Marian Hall Room 2

Led by: Marcy Manas



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Holy Name Medical Center
718 Teaneck Road
Teaneck, New Jersey 07666
Tel. 201-833-3392
holyname.org/CancerSupport

Like us on Facebook! 

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Registration required: 201-833-3392. Parking will be validated.

GROUP SUPPORT

Cancer Support Group

A support group that offers a safe place to share your experiences, concerns, and resources with others who are currently undergoing treatment for cancer.

Dats: Monday, October 7

Time: 2:15 – 3:15 pm

Location: Marian Hall Conference Room 1A

Led by: Jeanne Rajacic-Poppe, PhD
Licensed Psychologist

Gynecological Cancer Support Group

Open to women impacted by a GYN cancer with new topics discussed at each meeting.

Date: Wednesday, October 2

Time: 5 – 6:30 pm

Location: 2nd Floor Cancer Center
(Use Cancer Center Entrance)

Led by: Geri Lipschitz, LCSW

Post-Treatment Support Group

This post-treatment support group is open to those who have been diagnosed with cancer and have finished treatments. Completion of treatment is not the end of the cancer experience, but the beginning of a new journey. This group offers encouragement, support and information while connecting with others who are living beyond cancer.

Date: Monday, October 28

Time: 1 – 2 pm

Location: Marian Hall Room 5
Francine Handwerker, PhD
Licensed Psychologist

Bereavement Support

To join a bereavement support group, call Bereavement Coordinator, Lenore Guido 201-833-3000 ext. 7580

OTHER LANGUAGES

Korean Medical Program – Cancer Support Program

Contact Hei Young Yoon to register for this group 201-833-3332.

Chinese Medical Program – Cancer Support Group


Contact Yang Chen to register for this group 201-833-3388.

Spanish Speaking Cancer Support Group

To join a Spanish Speaking Support group, call 201-833-3392 for more information.

Grupo de Apoyo al Cancer

Para participar en un grupo de apoyo en Espanol, por favor llame 201-833-3392 para más información.



A safe place to share your
experiences, concerns, and
resources with others