

# Peninsula Regional Cancer Support Services



## Our Mission

Improve the health of the communities we serve.

## Our Values

- Respect for every individual
- Delivery of exceptional service
- Continuous improvement
- Safety, effectiveness
- Trust and compassion
- Transparency
- Stewardship

2019 certainly has come in with a bang. The weather is crazy all over the country with large amounts of snow and freezing temperatures. All the while we, on the Eastern Shore, look for changes in the seasons saying it's spring or beach weather.

While we await the next season we want to let you know about some other wonderful changes. As we hope most of you know the Cancer Support Services Riverside Drive office has closed and we are now offering all of our services at the MAC Center.

We were in that location for a long time so the move was a big change but everything went well. I have an office at the MAC Center and am working with Robin Ritchie to offer more programs for cancer patients and their caregivers all in one location.

We continue to offer Tai Chi and Healing Seated Yoga, as well as support groups, individual counseling, healthy cooking classes, fresh vegetable distribution, lunch bunch and other programs at MAC, Inc.

If you have any questions about any of the services/programs we are offering please call either Robin Ritchie at 410-742-0505 ext. 170, or me, Lisa Barnes, at 410-543-7209. Try one of the services we offer and spread the news about the move, as well as what we do.

In our center in Ocean Pines, we continue to offer Support Groups, Stitch Therapy, Gentle Exercise and supportive counseling. We always welcome suggestions for activities or groups that our patients may be interested in attending.

Call Jane Vickers or Joan Windmuller, Social Work Navigators in Ocean Pines at 410-912-6939 with questions or ideas.

*"There is always strength in numbers. The more individuals or organizations that you can rally to your cause, the better." — Mark Shields*

## OUR SERVICES

In Ocean Pines and Salisbury, cancer support services are available for cancer survivors and their families. We offer support groups, educational opportunities and social events for anyone affected by cancer.

### **FREE INDIVIDUAL COUNSELING AVAILABLE:**

Up to 3 sessions by appointment.

## SUPPORT SERVICES

**Survivor/Patient and Caregiver Group (NEW)**

**Knitting Group**

**Gentle Exercise**

**Breast Cancer Support Group**

**Prostate Support Group**

**Head & Neck Cancer Group**

## Healthy Living/Educational Activities

Tai Chi and Healing Seated Yoga

Healthy Cooking Classes

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Healing Yoga 2:00–3:00 pm (MAC)  Produce Pick-up 3:00-5:00 pm (MAC)	Gentle Exercise- Ocean Pines Bldg. 1  1:30-2:00 pm	1	2
3	4  Tai Chi 2- 3pm (MAC)	5  Survivor and Caregiver Group (NEW) 1:30p – 2:30pm (MAC)	6  Healing Yoga 2:00–3:00 pm (MAC)  Produce Pick-up 3:00-5:00 pm (MAC)	7  Gentle Exercise- Ocean Pines Bldg. 1  1:30-2:00 pm	8	9
10	11  Tai Chi 2- 3pm (MAC)  WSW Stitch Therapy Knitting Group-Ocean Pines 1-3 pm	12  Survivor and Caregiver Group (NEW) 1:30-2:30pm (MAC)  Prostate Support Group 1:30-2:30pm (MAC)	13  Healing Yoga 2:00–3:00 pm (MAC)  Produce Pick-up 3:00-5:00 pm (MAC)	14  Gentle Exercise- Ocean Pines Bldg. 1  1:30-2:00 pm	15	16
17	18  Tai Chi 2- 3pm (MAC)	19  Survivor and Caregiver Group (NEW) 1:30- 2:30pm (MAC)  <u>Head and Neck Cancer Support Group *</u> <u>Change in location 3 East Conference Room at PRMC 6pm-8pm</u>	20  Healing Yoga 2:00–3:00 pm (MAC)  Produce Pick-up 3:00-5:00 pm (MAC)	21  What's Cooking 10-11:30 am (MAC)  Gentle Exercise- Ocean Pines Bldg. 1  1:30-2:00 pm	22	23
24	25  Tai Chi 2- 3pm (MAC)	26 <b>Patient, Survivor, Caregiver Support Group—Ocean Pines</b>  1:00-2:00 pm  Survivor & Caregiver Group (NEW) 1:30- 2:30pm (MAC)	27 Lunch Bunch 12-1 pm (MAC)  Healing Yoga 2:00–3:00 pm (MAC)  Produce Pick-up 3:00-5:00 pm (MAC)	28  Gentle Exercise- Ocean Pines Bldg. 1  1:30-2:00 pm	29	30  HealthFest—Free screenings, health info, demonstra- tions and more. 7:30 a.m.—12:30 p.m. Bennett High School, Salisbury

**Head and Neck Cancer Support Group Location Change** — This group will now meet on the 3rd floor of the hospital, in the Family Room on 3 East, the inpatient oncology unit. Enter at Carroll St, take the elevator the 3rd floor, make a right off the elevator towards 3 East, room will be on the right, just before the nurses station. Signs will be posted to help navigate.

**What's Cooking?** — A nutrition and cooking demonstration that encourages cooking at home, eating more fruits and vegetables to improve well-being and promote cancer prevention.

**Tai Chi** — A gentle form of exercise that builds strength, coordination, and balance. A good way to get moving for almost anyone.

**Healing Seated Yoga** — A seated yoga class for any ability. Refreshes the mind and body.

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tai Chi 2-3pm (MAC)	2 Survivor & Care- giver Group 1:30- 2:30pm (MAC)	3 Healing Yoga 2:00–3:00 pm (MAC)  Produce Pick-up 3:00-5:00 pm (MAC)	4 <b>Gentle Exercise- Ocean Pines Bldg.1 1:30-2:00 pm</b>	5	6 Garden Kick Off 12-3 PM at Healing Rose Garden
7	8 Tai Chi 2-3pm (MAC)  <b>WSW Stitch Thera- py Knitting Group- Ocean Pines 1:00-3:00 pm</b>	9 Survivor & Care- giver Group 1:30- 2:30pm (MAC)  Prostate Survivor Support Group 1:30-2:30pm (MAC)	10 Healing Yoga 2:00–3:00 pm (MAC)  Produce Pick-up 3:00-5:00 pm (MAC)	11 Cancer: Thriving & Surviving, 10- 12:30pm (MAC)  <b>Gentle Exercise- Ocean Pines Bldg.1, 1:30-2:00</b>	12	13
14	15 Tai Chi 2-3pm (MAC)	16 Survivor & Caregiver Group 1:30 –2:30pm (MAC)  Head and Neck Cancer Survivor Group (6-8pm) PRMC 3 East	17 Healing Yoga 2:00–3:00 pm (MAC)  Produce Pick-up 3:00-5:00 pm (MAC)  What’s Cooking 5-6:30 pm (MAC)	18 Cancer: Thriving & Surviving, 10- 12:30pm (MAC)  <b>Gentle Exercise- Ocean Pines Bldg.1 1:30-2:00 pm</b>	19	20
21	22 Tai Chi 2-3pm (MAC)	23 Survivor & Caregiver Group 1:30-2:30pm (MAC)  <b>Patient, Survivor, Caregiver Support Group—Ocean Pines 1:00-2:00 pm</b>	24 Lunch Bunch 12-1 pm (MAC)  Healing Yoga 2:00–3:00 pm (MAC)  Produce Pick-up 3:00-5:00 pm (MAC)	25 Cancer: Thriving & Surviving, 10- 12:30pm (MAC)  <b>Gentle Exercise- Ocean Pines Bldg.1 1:30-2:00 pm</b>	26	27
28	29 Tai Chi 2-3pm (MAC)	30 Survivor & Care- giver Group 1:30- 2:30pm (MAC)				

**Gentle Exercise Class —Feel free to drop in!** Gentle strengthening and conditioning; lots of fun! Please call Jane or Joan for more information; call 410-912-6939.

**Produce pick-up** - Cancer survivors and patients may receive a bag of vegetables, raised without chemicals, weekly, as supply allows. If interested, please call prior to your first visit to Robin Ritchie 410-742-0505 x170



If you no longer wish to receive this mailing, we would be happy to remove your name from our mailing list. Please call us: 410-546-1200

## Reminders and Upcoming Events:

- MAC, Inc. located at 909 Progress Circle, Salisbury, MD. 21801 – Cancer Support Services (CSS) in Salisbury is now located at MAC. Call Robin Ritchie at 410-742-0505 x170, or Lisa Barnes at 410-543-7209 to learn more about services available.
- Survivor and Caregiver Group starting on 3/5/19 at MAC from 1:30-2:30pm. Call Lisa Barnes at 410-543-7209 or Robin Ritchie at 410-742-0506 x170 or more info.
- **If you no longer wish to receive our calendars and mailings, please call 410-543-7209 and leave a message.**
- If you have an idea for an activity or educational event please let us know. For Salisbury and surrounding area call Robin Ritchie (410-742-0505 x 170) or Lisa Barnes (410-543-7209). For Ocean Pines, call Jane Vickers or Joan Windmuller at 410-912-6939
- **HealthFest 2019 at James M. Bennett High School on 300 E. College Ave., Salisbury on March 30th. Demonstrations, screenings and other activities from 7:30 a.m. to 12:30 p.m.**
- **Inclement Weather – If schools are closed, all activities at MAC Inc. and the Richard A. Henson Cancer Institute Ocean Pines (not appointments for radiation, doctors, chemo) are canceled. Call the centers with questions. Please use your best judgement about attending events and stay safe.**

March and April 2019