

Peninsula Regional Medical Center 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

Hope Grows Here — Celebrating Cancer Survivorship

During May and June, gardens begin to be lush with vegetables and a variety of flowers are in bloom. The results of mother nature's changes and a gardener's labor are in full display. During the gardener's preparation, hope grows for the coming season. As the plants grow, so does hope for more to come. Optimism is a bit easier surrounded by the glory of plant life.

June also marks the celebration of National Cancer Survivors Day. There is good reason to celebrate. Cancer survival rates are improving thanks to more-effective screening, better therapies and a focus on living well after a cancer diagnosis. Organizers of the national event describe it as "a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families and an outreach to the community."

This year we will celebrate cancer survivors with activities at the cancer centers in Salisbury and Ocean Pines, and an event at MAC, featuring the Healing Rose Garden, on Wednesday, June 5. The garden-focused event will showcase the beauty and peace of the garden, as well as the potential it has to nourish with healthy vegetables, provide an opportunity for physical activity, and to form a community of people nurturing it and enjoying the harvest.

The Healing Rose Garden has been an inspiration and joy to many people over its past five seasons. It is a celebration all season of the survivors and people that have nurtured it and a community that has supported it... Please come and visit, because *hope grows here*.

OUR SERVICES

Cancer support services are available for cancer survivors and their families in Salisbury and Ocean Pines locations. 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 at MAC)

Knitting Group **Change in date for May only**

Breast Cancer Support Group

Prostate Support Group

Head & Neck Cancer Group

Healthy Living/Educational Activities

Tai Chi and Healing Seated Yoga

Gentle Exercise

Healthy Cooking Classes

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Healing Yoga 2-3 p.m. (MAC) Garden Hours 3-5 p.m. (MAC)	2 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 p.m.	3	4
5	6 Tai Chi 2-3pm (MAC) WSW Stitch Therapy Knitting Group- Ocean Pines 1-3 p.m.	7 Patient, Survivors & Caregiver Support Group 1:30 –2:30 p.m. (MAC)	8 Healing Yoga 2-3 p.m. (MAC) Garden Hours 3-5 p.m. (MAC)	9 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 p.m.	10	11
12	13 Tai Chi 2-3pm (MAC)	14 Patients, Survivor & Caregiver Support Group 1:30 –2:30 p.m. (MAC) Prostate Support Group 1:30-2:30 p.m. (MAC) Speaker	15 Healing Yoga 2-3 p.m. (MAC) Garden Hours 3-5 p.m. (MAC) What's Cooking? 5-6:30 p.m. (MAC)	16 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 p.m.	17 All Day Retreat 9 a.m. - 3 p.m. (MAC)	18
19	20 Tai Chi 2-3 p.m. (MAC)	21 Patient, Survivor & Caregiver Support Group 1:30 –2:30 p.m. (MAC) Head and Neck Cancer Group 6-8 p.m. 3 East Conf., PRMC	22 Healing Yoga 2-3 p.m. (MAC) Garden Hours 3-5 p.m. (MAC)	23 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 p.m.	24	25
26	27 Tai Chi 2-3pm (MAC)	28 Patient, Survivor, Caregiver Support Group—Ocean Pines 1:00-2:00 p.m. Patient, Survivor & Caregiver Support Group 1:30 –2:30 p.m. (MAC)	29 Healing Yoga 2-3 p.m. (MAC) Garden Hours 3-5 p.m. (MAC) NO LUNCH BUNCH	30 Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 p.m.	31	

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.

Gentle Exercise Class Ocean Pines: Drop-in class builds strength, stamina and flexibility. Call Joan or Jane for info: 410-912-6939.

Garden Hours—This is a scheduled time in the Healing Rose Garden at MAC when the Garden Manager is there to instruct, answer questions and guide people in tasks or vegetable harvest.

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <u>Cancer Survivor Celebration 8:15 – 12 noon (Lobby)</u> <u>Richard A . Henson Cancer Institute, Salisbury</u> Tai Chi 2-3 p.m. (MAC)	4 Patient, Survivor & Caregiver Support Group 1:30p –2:30pm (MAC) <u>Cancer Survivorship Celebration—Ocean Pines 8 a.m.– 3 p.m.</u>	5 Healing Yoga 2-3 p.m. (MAC) <u>Cancer Survivor Celebration 3-5 p.m. (MAC)</u>	6 <u>Gentle Exercise-Ocean Pines Bldg.1, 1:30-2:00 p.m.</u> <u>Cancer Survivorship Smoothie Tasting—Ocean Pines 9 a.m. and 1 p.m.</u>	7	8
9	10 Tai Chi 2-3 p.m. (MAC) <u>WSW Stitch Therapy Knitting Group-Ocean Pines 1:00-3:00 p.m.</u>	11 Patient, Survivor & Caregiver Support Group 1:30 –2:30 p.m. (MAC) Prostate Survivor Support Group 1:30-2:30 p.m. (MAC) Speaker	12 Healing Yoga 2-3 p.m. (MAC) Garden Hours 3-5 p.m. (MAC)	13 <u>Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 p.m.</u>	14	15
16	17 Tai Chi 2-3 p.m. (MAC)	18 Patient, Survivor & Caregiver Support Group 1:30p –2:30 p.m.(MAC) Head and Neck Cancer Group 6-8 p.m. 3 East Conf., PRMC	19 Healing Yoga 2-3 p.m. (MAC) Garden Hours 3-5 p.m. (MAC)	20 <u>Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 p.m.</u>	21	22
23	24 Tai Chi 2-3 p.m. (MAC)	25 Patient, Survivor & Caregiver Group Support Group 1:30 –2:30 p.m. (MAC) <u>Patient, Survivor, Caregiver Support Group—Ocean Pines 1-2 p.m. Guest Speaker, Kim Poole, Healing Touch</u>	26 Healing Yoga 2-3 p.m. (MAC) Garden Hours 3-5 p.m. (MAC) NO LUNCH BUNCH	27 <u>Gentle Exercise-Ocean Pines Bldg.1 1:30-2:00 p.m.</u>	28	29

June 2 is National Cancer Survivor Day. Celebrate with us during the week! Cancer Survivor Celebrations:

6/3/19 Richard A. Henson Cancer Institute Salisbury Lobby, 8:15 a.m.—noon

6/5/19 Refreshments and activities in the Bradford Room at MAC and in the adjoining Healing Rose Garden, 4-6 p.m.

6/4/19 Richard A. Henson Cancer Institute Ocean Pines Lobby, Refreshments and Raffle, 8 a.m. – 3 p.m.

6/6/19 Richard A. Henson Cancer Institute Ocean Pines Lobby, Smoothie Tasting and Raffle: 9-11 a.m. and 1-3 p.m.

Ocean Pines Support Group — Kim Poole RN BSN, IYT will speak on 6/25 on Healing Touch practice with benefits to reduce stress and anxiety, support cancer treatments, and create an overall sense of relaxation and well-being.



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.**
- **Women Supporting Women Breast Cancer Support Groups are held each month in several different locations. For more information, please call 410-548-7880.**
- **If you no longer wish to receive our calendars and mailings, please call 410-543-7209 in Salisbury and 410-912-6939 in Ocean Pines; leave a message.**
- **Kim Poole from Healing Touch will be our guest speaker in Ocean Pines (lobby conference room) on 6/25/19 at 1-2 p.m. She will discuss her practice of light touch energy therapy which supports chemo/radiation treatments, reduces anxiety and pain and creates an overall sense of relaxation and well-being.**
- **June 2, 2019 is National Cancer Survivor Day. Celebrations will be held at Richard A. Henson Cancer Institute in both Salisbury and Ocean Pines during the week. Please see the calendar.**
- **Lunch Bunch will be held quarterly instead of monthly. Our next luncheon at MAC will be on July 31, 2019. Back by popular demand –Salad Bar, so bring your veggies, etc. We will provide the salad greens.**

May & June 2019