



# AUGUST 2023

## CIRCLE OF SUPPORT PROGRAM

CINJ's Circle of Support program provides support, education, and hope to patients in active cancer treatment through multiple diagnosis-specific and general support groups, mindfulness meditation and relaxation programs, educational programs, and occasional experiential workshops. The goal is to support patients through their cancer journey by providing a safe and non-judgmental space to talk about their specific challenges and experiences, and join with others who are in similar situations. Please call 732-235-6792 for information and to register.



### Virtual Support Groups – Ongoing Monthly

Programs are held virtually, are open and free to patients, and may be open to family members.

Time to Talk Breast Cancer Support Group	First Tuesday of the month at 5PM
Living with Cancer Support Group	Second & Fourth Wednesday of the month at 5PM
Guided Imagery	Second & Fourth Tuesday of the month at 2PM
GI Support Group	Third Wednesday of the month at 5PM
Mindfulness Meditation	Third Thursday of the month at 5PM
Metastatic Breast Cancer Support Group	Third Thursday of the month at 5PM
Gynecologic Support Group	Fourth Thursday of the month at 5PM

## SPECIAL EVENT

### Build your own future and create a Vision Board!

**WHAT:** Vision Board Workshop facilitated by Gabrielle Stander, MSW, LSW, MAS

**WHO:** For all CINJ Circle of Support Program members (i.e. members of CINJ Support Groups)

**WHERE:** Auditorium A, CINJ

**WHEN:** Wednesday, August 30, 2023, 2:00-3:30pm

**ADDITIONAL INFO:** Join us in person or virtually through Zoom. All supplies provided, but you are encouraged to bring your own pictures. Please RSVP by 8/20/23, by calling the Social Work Dept. at 732-235-6792.

## NUTRITIONAL & DELICIOUS

### SPINACH SAAG

#### Ingredients:

- 2 Tbsp. oil
- 1 Medium chopped onion
- ¼ Cup ginger
- ¼ Cup 2 cloves minced garlic
- 1 minced serrano
- 1 Tsp garam masala
- 2 Tsp coriander
- 1 Tsp cumin
- 1 lb. fresh spinach
- 1/4 Yogurt

Adapted from [Cookforyourlife.org](http://Cookforyourlife.org)

Heat 2 Tbsp. oil in a sauté pan over medium heat. Add 1 medium chopped onion, 1/4 cup ginger, 1/4 cup 2 cloves minced garlic, and 1 minced serrano and sauté for 5 minutes until the mixture is aromatic. Add 1 tsp garam masala, 2 tsp coriander, and 1 tsp cumin, then cook for another 5 minutes until onions are translucent but not burnt. Add 1 lb. fresh spinach and stir well, incorporating the spiced onion mixture in. Add salt and pepper to taste. Cook until the spinach is wilted. Turn the heat off. Stir in 1/4 cup yogurt into the spinach until well mixed.

