



CIRCLE OF SUPPORT PROGRAM *June 2023*

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 by joining 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 and are open and free to patients and may be open to family members. Call 732-235-6792 for information and registration

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 Events

- Special PRIDE Month Program:**
LGBTQIA+ Cancer Support Group, June 27, 2023, 5pm-6:30pm. Virtual Meeting
- Our May Advanced Care Planning Program and Vision Board Workshop were both successes.

Nutritional & Delicious Recipe

Grilled Tempeh Caesar Salad

Ingredients:

- Head romaine lettuce
- 18 oz. block pasteurized flaxseed tempeh
- 3 Tbsp. extra-virgin olive oil
- 1 Tbsp. white wine vinegar
- 1 Tsp. lemon juice
- 1 Tbsp. capers
- 1/3 cup silken tofu
- Large salad bowl



Heat up a cast-iron grilling skillet with the broiler.

Grill or broil the 18 ounce block pasteurized flaxseed tempeh until it is browned all over. When cool enough to handle, cut diagonally into ¼-inch-thick slices and set aside. Wash 1 large head romaine lettuce well and tear into bite-sized pieces.

For the dressing, combine all the dressing ingredients: (3 tablespoons extra-virgin olive oil, 1 tablespoon white wine vinegar, 1 teaspoon lemon juice, 1 tablespoon capers, drained and rinsed, ½ cup silken tofu) in a blender and blend until smooth. Put the dressing into the bottom of a large salad bowl. Add the tempeh and turn gently to coat. Pile the lettuce on top and add salt and pepper. Toss when ready to eat.

Adapted from Cookforyourlife.org

Shared by Allison Roselli, MS, RDN, Clinical Dietitian, Radiation Oncology RWJUH.

Recent Donations: Crocheted lap blankets were donated for CINJ patients undergoing cancer treatment.