



# SEPTEMBER 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

## NUTRITIONAL & DELICIOUS

### Cheesy Broiled Polenta

#### Ingredients:

- 3 ½ Cups water
- 1 Tsp salt
- 1 Cup polenta or cornmeal
- ½ Cup Sharp white cheddar
- ¼ Cup freshly grated parmesan cheese
- 8 Inch round or square baking pan
- 1 Cup peas (optional)

*Adapted from Cookforyourlife.org*

In a stockpot, bring 3 ½ cups water and 1 tsp salt to a boil. Gradually stir in 1 cup polenta or cornmeal and reduce heat to medium-low. Simmer and stir the polenta frequently for 10-15 minutes or until the polenta is very thick. Turn off the heat and stir in ½ cup sharp white Cheddar and ¼ cup freshly grated Parmesan cheese. Transfer the polenta to a lightly oiled 8-inch round or square baking pan. Top with 1 cup peas, optional, and lightly press them down into the polenta. Let cool for at least 30 minutes. Preheat the broiler and broil the polenta for 5 minutes. Let cool slightly then cut into wedges and serve warm or at room temperature.

