



# DECEMBER 2024

## Circle of Support Program



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.

### 2025 KICKOFF EVENT – Build Your Own Future and Create a Vision Board!

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

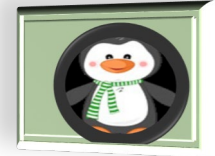
**WHO:** For all Rutgers Cancer Institute Patients

**WHERE:** Auditorium A

**WHEN:** Friday, 1/24/25, from 5:00 to 6:30 p.m.

**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 1/17/25 by calling the Social Work Dept. at 732-235-6792



### VIRTUAL SUPPORT GROUPS – Ongoing Monthly

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

<b>Time to Talk Breast Cancer Support Group</b>	<b>First Tuesday of the month at 5PM</b>
<b>Living with Cancer Support Group</b>	<b>Second &amp; Fourth Wednesday of the month at 5PM</b>
<b>Guided Imagery</b>	<b>Second &amp; Fourth Tuesday of the month at 2PM</b>
<b>Gynecologic Support Group</b>	<b>Fourth Thursday of the month at 5PM</b>
<b>Brain Tumor Support Group</b>	<b>Third Tuesday of the month at 2PM</b>

### Healthy & Delicious 3-Mushroom Barley Soup

<https://health.clevelandclinic.org/receipe-three-mushroom-barley-soup>



**Ingredients**

- ½ ounce dried porcini mushrooms
- 1 large yellow onion
- 1 carrot, finely chopped
- 1 rib celery, chopped to make ¼ cup
- 12 ounces fresh mushrooms, thinly sliced
- 6 medium or large fresh shitake mushrooms, washed with stems removed and sliced
- 3 quarts (12 cups) vegetable stock
- 2 cups hulled barley or pearly barley
- 1 bay leaf
- 4 tablespoons balsamic vinegar, or to taste
- Pepper to taste
- Parsley or cilantro
- 1 bag (3-4 handfuls) spinach

**Directions:**

- Soak dried porcini mushrooms in warm water for about 30 minutes, until soft. Drain, squeeze out liquid into a bowl (save to use later in the soup), roughly chop.
- Stir-fry onion in a soup pot until beginning to soften. Add carrots, celery and all the mushrooms. Cook for a few minutes until fresh mushrooms begin to soften.
- Add vegetable stock, barley, bay leaf and porcini soaking liquid. Bring to a boil. Lower heat and simmer for 1 hour, adding more liquid if necessary.
- Add vinegar and pepper to taste. Just before serving, fold in cilantro or parsley and spinach.