



# February 2025 Circle of Support

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.*

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



## **HEALTHY & DELICIOUS – Moroccan Sweet and Spicy Soup**

<https://health.clevelandclinic.org/receipe-moroccan-sweet-and-spicy-soup>



### Ingredients

Half of a 20-ounce can of unsweetened pineapple rings in pineapple juice (not in syrup), with each ring cut into eight pieces.

- ¼ cup raisins
- 3 sweet potatoes, cut into large cubes
- 1 can (15 ounces) of chickpeas, drained and rinsed
- 1 14-ounce block extra firm tofu, cubed
- 2 stalks of celery, chopped into half-inch wide pieces
- 1 medium-size onion, diced
- ½ cup tomato sauce
- 2 cloves garlic, mashed
- 1/8 teaspoon nutmeg
- 1/8 teaspoon clove
- ¼ teaspoon cinnamon
- ¼ teaspoon black pepper
- 1 bay leaf
- ¼ teaspoon turmeric
- ¼ teaspoon shakes paprika
- 4 cups low-sodium chicken broth
- ¼ cup extra-virgin olive oil

### Instructions

- Sautee onion in ¼ cup extra-virgin olive oil in a large pot.
- Into the same pot as the onions, add the pineapple, raisins, sweet potato, chickpeas, tofu, and celery and tomato sauce.
- Add nutmeg, clove, cinnamon, black pepper, bay leaf, turmeric and paprika, as well as 2 mashed garlic cloves.
- Cover ingredients with 4 cups of low-sodium chicken broth and 4 cups of water, or until ingredients are completely submerged in water.
- Bring to a boil, and then turn heat to low and allow the soup to simmer for one hour or until potatoes are cooked and can be pierced with a fork. Remove bay leaf before serving.