



January 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.

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.

<i>Time to Talk Breast Cancer Support Group</i>	<i>First Tuesday of the month at 5PM</i>
<i>Living with Cancer Support Group</i>	<i>Second & Fourth Wednesday of the month at 5PM</i>
<i>Guided Imagery</i>	<i>Second & Fourth Tuesday of the month at 2PM</i>
<i>Gynecologic Support Group</i>	<i>Fourth Thursday of the month at 5PM</i>
<i>Self-Care for Caregivers</i>	<i>Second & Fourth Tuesday of the month at 12PM</i>
<i>Brain Tumor Support Group</i>	<i>Third Tuesday of the month at 2PM</i>



HEALTHY & DELICIOUS - Butternut Squash, Carrot and Ginger Soup

<https://health.clevelandclinic.org/receipe-butternut-squash-carrot-and-ginger-soup>



Ingredients

- 2 tablespoons extra virgin olive oil
- 8 ounces (1 ¼ cups) onion, diced (about 1 large onion)
- 9 ounces (2 cups) carrots, peeled and diced (about 4 medium carrots)
- 1 teaspoon fresh ginger, minced
- 46 ounces (9 cups) butternut squash, peeled, seeded and diced (about 3 medium squash, 5 ½ pounds whole)
- 10 cups liquid vegetable broth
- 1 pinch cayenne pepper (optional)

Directions

- In a pot, sauté the onion in olive oil on low flame until clear.
- Add carrots and sauté 10 minutes.
- Add ginger and sauté 2 minutes.
- Add butternut squash and vegetable stock and bring to a boil, then turn heat to medium-low heat and simmer for 45 minutes.
- Puree with a blender until smooth and serve.