



JULY 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

## SPECIAL EVENTS

Announcing Integrative Programs for Patients & Caregivers

- Tai Chi - Friday, July 7th, 1-2pm, Auditorium A. RSVP not needed.
- Singing Bowl Sound Meditation - Friday, July 14th, 12-12:30pm, Auditorium A. RSVP not needed.

## NUTRITIONAL & DELICIOUS

### Millet with Mushrooms & Pumpkin Seeds

#### Ingredients:

1 cup cooked millet  
Reduced sodium vegetable broth (optional)  
8 oz. mushroom (cleaned and sliced)  
½ Cup diced onion  
½ Cup diced celery  
1 Tbsp. reduced-sodium soy sauce  
1 Tsp. Worcestershire sauce  
¼ Cup toasted pumpkin seeds  
2 Tbsp. minced parsley

Adapted from Cookforyourlife.org

Cook 1 cup millet according to package instructions, using reduced sodium vegetable broth (optional) instead of water for more flavor. A few minutes before the millet is done, heat olive oil over medium-high heat in a large nonstick skillet. Add 8 oz. mushrooms (cleaned and sliced), 1/2 cup diced onion, 1/2 cup diced celery, 1 Tbsp. reduced-sodium soy sauce and 1 tsp Worcestershire sauce and cook for about 7 minutes, stirring constantly, until the mushrooms have released their liquid. Add cooked millet to the vegetables in skillet. Season to taste with salt and pepper. If the millet seems too dry or too thick, use a little extra water or broth to thin the mixture. Sprinkle with 1/4 cup toasted pumpkin seeds and 2 tbsp. minced parsley and serve immediately.

