

NOVEMBER 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.

Virtual Support Groups – Ongoing Monthly

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

RWJBarnabas | **R** | RUTGERS HEALTH
Rutgers Cancer Institute

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PRESENTS

*Caregiving Through
the Holidays*

A caregiver support event for caregivers of hematology oncology patients on navigating the holidays while caring for a loved one in treatment.

Monday, November 18

In Person: 10-11 AM
Clinical Academic Building room 3403
(Entrance across from Starbucks in Hospital Main Lobby)
OR
Via Zoom: 6PM-7PM

**TO REGISTER CALL THE SOCIAL WORK
DEPARTMENT MAIN OFFICE AT 732-235- 6792**

Facilitated by
Lauren Campasano, MSW, LSW

<i>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>Brain Tumor Support Group</i>	<i>Third Tuesday of the month at 2PM</i>

Sleep Hygiene: Tips and Tricks to Improve Your Sleep

Date: Wednesday, November 13, 2024
Time: 12 noon

Presented by:
Nathalie Clavijo, LSW, MSW
Behavioral Health Consultant



Pre-registration is required.
To pre-register, scan the QR code above, or email:
cinpatienteducation@cinj.rutgers.edu
or
call: 732-235-8093



Healthy & Delicious Pumpkin Lentil Soup

<https://health.clevelandclinic.org/receipe-pumpkin-lentil-soup>



Ingredients

- 1 large onion, chopped (1 cup)
- 2-6 garlic cloves, diced
- 3 ribs celery, chopped (3/4 cup)
- 3 carrots, chopped
- 2 cups red lentils
- 7-8 cups vegetable broth or water
- 1 large can pumpkin (no sugar)
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried thyme
- Lots of Tabasco

Directions:

1. Combine onion garlic, celery, carrots, lentils and broth or water in a soup pot. Bring to a boil.
2. Lower heat and simmer, covered, 30 minutes or until vegetables are soft and lentils have turned to mush.
3. Add pumpkin and spices and simmer until all is blended.
4. Add Tabasco to taste.