



# OCTOBER 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.*

<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 Recipe**

#### **Tasty Seared Tuna with Avocado, Cucumber and Ginger Salsa**

<https://health.clevelandclinic.org/recipe-grilled-tuna-with-avocado-cucumber-ginger-salsa>



**Ingredients**

- ¼ English cucumber, cut into small pieces
- 1 cup grape or cherry tomatoes, quartered
- 1 tablespoon grated fresh ginger
- 2 scallions, chopped
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 tablespoon plus 1 teaspoon extra virgin olive oil
- ¼ teaspoon kosher salt
- 1 avocado, diced
- 2 8-ounce fresh wild tuna steaks, 1-inch thick (like yellowfin or albacore)
- ½ teaspoon freshly ground black pepper
- 1 tablespoon sesame seeds, toasted

**Directions:**

1. In a medium bowl, combine the cucumber, tomatoes, ginger, scallions, cilantro, lime juice, 1 tablespoon olive oil and salt. Gently fold in the avocado.
2. Heat grill or grill pan to medium-high. Rub both sides of the tuna with remaining oil and sprinkle with black pepper. Grill 3 to 4 minutes per side for medium-rare steaks.
3. Slice the tuna and divide among four plates. Sprinkle with sesame seeds, and serve with salsa.