



# SEPTEMBER 2024

## CIRCLE OF SUPPORT PROGRAM

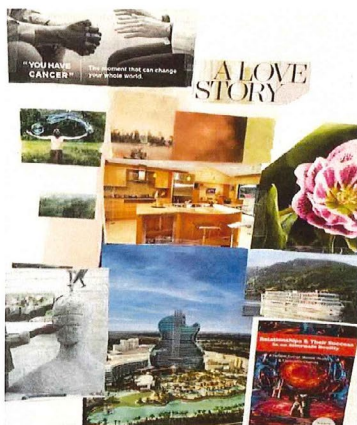


Circle of Support program provides support, education, and hope to patients in active cancer treatment through multiple diagnosis-specific and general support groups, mindfulness meditation and relaxation programs, educational programs, and occasional experiential workshops. The goal is to support patients 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.

### VISION BOARD WORKSHOP

**BUILD YOUR OWN FUTURE AND CREATE A VISION BOARD!**

Facilitator: Gabrielle Stander, MSW, LSW, MAS



"It was nice to be around others who could understand what I am going through. The Vision Board Workshop also created hope for the future by designing, through art, my goals and expectations."

-Brian C., Patient

For all Rutgers Cancer Institute Patients

Join us in-person or virtually through Zoom. All supplies provided, but you are encouraged to bring your own pictures.

**Location:** Rutgers Cancer Institute, Auditorium A  
Friday, September 27, 2024  
5:00 to 6:30 p.m.

Please RSVP by 9/20/24 by calling the Social Work Department 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.

- ❖ **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*
- ❖ **Gynecologic Support Group**  
*Fourth Thursday of the month at 5PM*
- ❖ **Brain Tumor Support Group**  
*Third Tuesday of the month at 2PM*

## Healthy & Delicious Recipe

### **Chia Coleslaw with Raisin Reduction**

<https://health.clevelandclinic.org/recipe-chia-coleslaw-with-raisin-reduction>

#### Ingredients

1 tablespoon plus 1 teaspoon rice wine vinegar  
1 tablespoon plus 1 teaspoon lemon juice  
¾ cup vegan mayonnaise  
1 tablespoon parsley, chopped  
1 tablespoon raisin reduction (see instructions below)  
½ teaspoon fresh garlic, minced  
1 tablespoon chia seeds  
½ teaspoon salt  
¼ teaspoon black pepper  
½ pound (about 1 medium head) red cabbage, fine julienne  
1 pound (about 2 heads) green cabbage, fine julienne  
4 ounces carrots, grated  
4 ounces sweet onion, finely minced

#### Directions:

Combine vinegar, lemon juice, vegan mayonnaise, parsley, raisin reduction, garlic, Chia seed, salt and pepper and mix well. Let sit for 20 minutes under refrigeration to allow the chia seeds to swell. Add cabbage, carrot and onion and toss until well coated. Cover, label, date and refrigerate until ready to serve.

