During this break from in-person programming, we are bringing classes and support to you! Our instructors at Cancer Support Community have been sending in pre-recorded videos of their classes and providing other helpful links which correlate with our usual offerings. Maintaining physical and mental well-being during this time is critical. Join us, stay involved, and continue to gain support from Holy Name’s Cancer Support Community.

**Live Virtual Classes:** In addition to our social media posts, we now offer select live virtual classes, such as yoga, fitness, meditation, and more. Thanks to our dedicated instructors, you can watch and participate in real time virtual classes! To receive information about how to join, please email CancerSupport@HolyName.org.

**Phone Meditation** is offered as an option for those who are unable to access virtual classes. Call in and follow along. No computer needed. To receive information about how to join these calls, contact 201-833-3392 or CancerSupport@HolyName.org.

Check out our Facebook page daily for new video clips of classes and other inspiring and uplifting content at: www.facebook.com/CancerSupportCommunityHolyName

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**Our social media schedule:**

- **Monday:** Meditation / Movement
- **Tuesday:** Tip of the Week
- **Wednesday:** Wellness / Support
- **Thursday:** Nutrition / Healthy Eating
- **Friday:** Crafts / DIY Projects

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**PHONE SUPPORT THROUGH CANCER SUPPORT COMMUNITY**

**The Cancer Support Helpline** is staffed by counselors and resource specialists who have extensive years of experience helping people affected by cancer. Reach out to us at 1-888-793-9355 or live chat from Monday – Friday, 9 am – 9 pm ET; Saturday – Sunday, 9 am – 5 pm ET. All of our services are provided in English and Spanish.

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**Tips to Help You**

**FIND CALM IN THE CHAOS**

- Create a new adapted schedule and keep things as consistent as possible. Creating structure keeps us focused and gives our days a sense of purpose.

- Take time for you and some extra TLC. A few slow, deep breaths provide immediate relief from stress. Move your body, stretch, meditate, and do your best to eat well-balanced meals.

- We need to be as vigilant about protecting our mental health as we are with our physical health. Excessive news consumption can lead to more anxiety. If what you’re watching or reading is more upsetting than informational, limit your exposure to prevent oversaturation. Use to www.CDC.gov for updates.

- Engage in activities that create positive energy for yourself. Cooking/baking, painting, yoga, reading, gardening, writing a letter, and taking a bath are some great options. Re-watch your favorite TV shows or choose a movie that makes you laugh. Whatever you can do to facilitate a positive centered mindset is worth exploring.

- Keep in touch with friends who will lift your spirits. Staying connected via phone or video chat offers a greater sense of engagement.

- Use this time to learn something new. Explore podcasts, audio books, or lectures that are of interest to you. Learn a language, study a culture, or pick up a new craft.

- Cultivate balance. Begin your day with gratitude. Remind yourself that this is temporary. There are many people working toward solutions every day.
Gratitude practice really just means paying attention. Identifying the things you’re grateful for positively impacts emotional wellbeing, enhances mood, and affects overall happiness. It can help to clear the mind, calm the nerves and soothe the soul. So choose a notepad you really like and count your blessings...literally! Remind yourself of the things that really matter.

Incorporating a gratitude practice into your daily routine affects thoughts and emotions. Practice this daily by listing gratitudes to change your perspective and develop a healthy relationship with your thoughts and emotions.

Gratitude includes more than things. Identify the special people in your life and those who have inspired you or influenced you in a positive way.

List 5 – 10 things you are grateful for each day. Read through your gratitude journal. It helps maintain a positive mind set and can be a great remedy if you have a tough day.

**INGREDIENTS** (for two servings)

1 ½ tsps Extra Virgin Olive Oil (or use coconut oil or avocado oil or ghee or butter)  
½ Red Bell Pepper (thinly sliced)  
½ Zucchini (medium sliced)  
½ cup Hummus  
2 Whole Wheat Pita (or use tortillas or flatbread)

1. Preheat oven to 350ºF (177ºC) and line a baking sheet with parchment paper.  
2. In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.  
3. Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.  
4. Let cool slightly and slice.

**ADDITIONAL INFORMATION**

- Holy Name offers live-stream Mass every day at this link: HolyName.org/Chapel. Weekdays 11:30 am, Weekends 8:00 am
- **Coronavirus Emergency Relief Fund** — This grant will provide assistance in the form of a $250 credit card for qualified people with cancer who are in active cancer treatment. This financial assistance can be used for food, transportation, housing, utilities, childcare or other non-medical expenses during the coronavirus pandemic. For an application, please contact the CSC Coronavirus Emergency Relief Fund at 1-888-409-4166.

**CANCER SUPPORT PROGRAMS AT HOME**

**Veggie Pita Pizza with Hummus**