



APRIL 2024

CIRCLE OF SUPPORT PROGRAM



APRIL IS STRESS AWARENESS MONTH

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.



**PLANNING FOR PEACE OF MIND:**  
A VIRTUAL WORKSHOP ON ADVANCE CARE PLANNING  
SOONER RATHER THAN LATER  
#APRIL16

Date: April 10, 2024  
Time: 12:30 PM - 1:30 PM

Advance care planning is not just about old age. This program will help you understand the importance and benefits of advance care planning for yourself and your family.

Topics Include:

- ✓ Advance Care Directives
- ✓ Living Wills
- ✓ Power of Attorney
- ✓ Practitioner Orders for Life-Sustaining Treatment (POLST)

Speakers:

Social Workers

Gabrielle Vitaliano, LCSW, OSW-C  
Deborah Leif, MSW, LCSW, OSW-C  
Rose Slirzewski, LCSW

Advanced Practice Nurse

Elsie Castrorao, MSN, RN, ANP-NPC, AOCNP



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



NATIONAL HEALTHCARE DECISION DAY

APRIL 16, 2024

Vision Board Workshop, May 31, 2024, 2-3:30PM, Auditorium A, CINJ.

Facilitated by Gabrielle Stander, MSW, LSW, MAS

Join in person or virtually through Zoom.

All supplies provided, but you are encouraged to bring your own pictures.

Please RSVP by 5-17-24 by calling the Social Work Dept. 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
GI Support Group	Third Wednesday of the month at 5PM
Gynecologic Support Group	Fourth Thursday of the month at 5PM

PEAR AND BLUEBERRY CRUMBLE



Nutritional & Delicious

Ingredients:

- 4 pears
- 2 cups blueberries
- 1 Tbsp. Maple Syrup
- 2 Tsp Lemon Juice
- 2 Tbsp. Whole Wheat Flour
- 2 Tbsp. Ground Flaxseeds
- ½ Cup Oats
- ½ Cup Almonds
- ¼ Cup Brown Sugar
- ½ Tsp. Cinnamon
- Butter

Preheat oven to 400 F. Mix 4 pears (thinly sliced), 2 cups blue berries, 1 Tsp. maple syrup, and 2 tsp. lemon juice in a bowl. Grease an 8x8 baking dish and add fruit mixture. In a separate bowl, combine 2 tbsp. whole wheat flour, 2 tbsp. ground flax seeds, ½ cup oats, ½ cup almonds, ¼ cup brown sugar, and ½ tsp cinnamon. Add ¼ cup cold, unsalted butter in cubes and mix with your hands or wooden spoon until butter is combined with dry ingredients. Top fruit with oat mixture. Bake uncovered for 20-25 minutes, until top is lightly browned.