



# MAY 2024

## CIRCLE OF SUPPORT PROGRAM



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.

### 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**



### NUTRITIONAL & DELICIOUS



#### BAKED FALAFEL WITH GINGER TZATZIKI



##### Ingredients:

- 1 can drained chickpeas
- ½ cup fresh parsley
- ½ cup fresh cilantro
- ¼ cup fresh mint
- 1 clove garlic (minced)
- Tbsp. lemon juice
- 2/2 Tsp. salt
- 1 Tsp. cumin
- ½ Tsp. baking power
- 2 Tbsp. flour
- ¾ cup plain greek yogurt
- ½ cucumber (grated)
- 1 Tbsp. lemon juice
- 2 Tbsp. grated ginger

Preheat oven to 375 °F. Spray baking sheet with preferred cooking spray. Combine 1 can drained chickpeas, 1/2 cup fresh parsley, 1/2 cup fresh cilantro, 1/4 cup fresh mint, 1 clove garlic (minced), 1 Tbsp. lemon juice, 2/2 tsp salt, 1 tsp cumin, 1/2 tsp baking powder, and 2 Tbsp. flour in large food processor or blender. Blend until combined. Form into small patties and place on prepared baking sheet. Bake for 20-25 minutes, flipping halfway, until browned on both sides. While falafel patties are cooking, make Tzatziki dip. Combine 3/4 cup plain greek yogurt, 1/2 cucumber (grated), 1 Tbsp. lemon juice, and 2 Tbsp. grated ginger in a small bowl. Place in refrigerator until ready to eat, dip falafel in Tzatziki sauce and enjoy!