



AUGUST 2024



CIRCLE OF SUPPORT PROGRAM

The 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.

SPECIAL EVENT

“Build Your Own Future and Create a Vision Board”

WHAT: [Vision Board Workshop](#)

Facilitated by Gabrielle Stander, MSW, LSW, MAS

WHO: For all CINJ Patients

WHERE: Auditorium A, CINJ

WHEN: Friday, September 27, 2024, 5:00 to 6:30PM

ADDITIONAL INFO: Join us in person or virtually through Zoom.
All supplies provided, but you are encouraged to bring your own pictures.
Please **RSVP** By **9/20/24** by calling the **Social Work Dept. at 732.235.6792**



Ongoing Monthly Virtual Support Groups

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

Slow Cooker Steel-Cut Oats with Apples, Walnuts

Ingredients

1 cup steel-cut oats
2 apples, cut in small cubes (or 1 cup dried fruit + extra
1/2 cup water)
1/2 cup chopped walnuts
4 cups water
2 teaspoons ground cinnamon
1/2 teaspoon pure vanilla extract
1/3 teaspoon ground cloves (optional)

<https://health.clevelandclinic.org/recipe-overnight-steel-cut-oats-with-apples-walnuts>



Directions: Combine all ingredients in slow cooker. Mix so ingredients are evenly distributed. Set slow cooker on low setting, cover and cook for 8 to 9 hours. Spoon into 4 serving bowls. Serve with a splash of milk (or milk alternative), if desired.