



## PROGRAM CALENDAR

January –  
March 2019

ALL PROGRAMS  
ARE ALWAYS  
PROVIDED FREE  
OF CHARGE

### TWO LOCATIONS!

Beaumont House at FASEB  
9650 Rockville Pike  
Bethesda, MD 20814  
301-634-7500

MetroPlex I  
8401 Corporate Drive, Suite 100  
Landover, MD 20785  
240-714-4744



**Hope Connections** for Cancer Support helps people with cancer and their loved ones deal with the emotional and physical toll that comes with a cancer diagnosis. Our facilities are homelike environments where people affected by cancer can escape the clinical setting to connect with and learn from each other. We provide support groups for people with cancer and for caregivers, educational workshops that provide learning opportunities and mind/body classes that help rebuild strength and reduce the high level of stress that comes with a cancer diagnosis. Our programs are available to anyone affected by cancer, **both patients and caregivers**, regardless of the cancer diagnosis, stage of disease, age, economic status, race, religion, sex, sexual orientation, gender identity or where they receive their medical care.

To learn more about Hope Connections for Cancer Support and our programs, visit our website at [hopeconnectionsforcancer.org](http://hopeconnectionsforcancer.org)

## SUPPORT GROUPS

### WEEKLY SUPPORT GROUPS:

- Advanced Cancer
- All Cancers
- Bereavement
- Caregivers

### BI-MONTHLY SUPPORT GROUPS:

- All Cancers
- Caregivers
- Ovarian/Gyn Cancers
- Young Adults with Cancer
- Young African-American Women w/ Breast Cancer

### MONTHLY SUPPORT GROUPS:

- Bladder Cancer\*
- Blood Cancers\*
- Breast Cancer
- Gastrointestinal Cancers\*
- Metastatic Breast Cancer

\*Caregivers and cancer patients can attend

\*\*All Mind/Body and Education programs are open to cancer survivors and their caregivers

## EDUCATIONAL PROGRAMS\*\*

Presentations ranging from new discoveries in research to Nutrition are open to all affected by cancer and caregivers.

A reservation is required for all educational programs. Please RSVP at [info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org) or 301-634-7500.

## MIND-BODY CLASSES\*\*

These regularly scheduled classes help reduce stress in the lives of people with cancer and their caregivers.

- Expressive Art
- Gentle Yoga
- Guided Mindfulness Meditation
- Hypnosis for Symptom Reduction
- Inner Peace & Healing
- Katy's Book Club
- Knitting, Stitch & Chat
- Movement for Health
- Pink Ribbon Pilates
- Relaxation & Tranquility

# Cancer Genetics: Understanding Your Risk

BY DR. REBECCA KALTMAN



I once saw a woman with newly-diagnosed breast cancer at the age of 38. She was told by her internist that her four paternal aunts who had all been diagnosed with breast cancer in their 30s did not constitute a significant family history because they were all on her father's side of the family. Unfortunately, this woman was misinformed and ultimately diagnosed with a breast cancer that might have been prevented or caught earlier through genetic testing and early screening.

That was more than 10 years ago, but to this day, I still see patients who have been misinformed about their genetic risk by either friends and family or even their own doctors. As with many aspects of medicine, the world of cancer genetics is evolving at an incredibly rapid pace.

It's been nearly three decades since the first breast cancer gene, BRCA1, was identified. BRCA2 was later identified in 1994. Back then, we knew that women with these mutations were at high risk for developing cancer, but we lacked specific evidence-based guidelines on how to manage that risk. Fast forward a decade or so and we began having data to suggest that more aggressive surveillance measures, like breast MRI, and preventative surgery to remove the ovaries and fallopian tubes actually improves survival in these high-risk women. Around this time as well, the Genetic Information Nondiscrimination Act of 2008 was signed by President Bush establishing protection against health insurance and employment discrimination based on genetic information. This Act was a huge advance in overcoming the skepticism associated with genetic testing.

Due to the complexity of testing and the interpretation of genetics, it is incredibly important to have testing through a certified genetic counselor and/or clinical geneticist. Genetic counselors are not only trained to educate you about the different types of testing but will guide you through the potential results of that testing to prepare you for positive, negative and indeterminate results. A high-risk hereditary cancer clinic includes professionals who can help you interpret the results of this complex testing and come up with a cancer prevention plan that can be modified as new information becomes available. If you are questioning your eligibility for genetic testing, you can try using the Assess Your Risk Tool through [BrightPink.org](http://BrightPink.org). You can also find a certified genetic counselor in your area through the National Society of Genetic Counselors.

Genetic testing is a powerful tool for women at risk for breast cancer. Many of the barriers to genetic testing have now been eliminated and testing is much more affordable. If used correctly, genetic testing can often clarify risk in individuals and families, lead someone to a proactive approach to cancer prevention, and can even save lives.

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# Thank You!

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(DECEMBER 2017- NOVEMBER 2018)

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Holly Fungler  
Philip L. Graham Fund  
Prince George's County Council  
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### \$10,000+

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## SHOP AT THE HOPE CHEST

Wednesdays: 10:00 am - 4:00 pm

Every 2nd Friday of the month: 11:00 am - 1:00 pm

Visit our "thrifty treasures" shop and marvel at the ever changing merchandise. Donations of gently used or new clothing, giftware and jewelry are welcome. The Hope Chest is run entirely by volunteers, with 100% of the proceeds supporting our programs.

# BETHESDA January – March 2019

\*Caregivers and cancer patients can attend.  
Classes are offered on a weekly, bi-weekly, or monthly schedule.

January					February					March				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
31	1	2	3	4	28	29	30	31	1	25	26	27	28	1
7	8	9	10	11	4	5	6	7	8	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	18	19	20	21	22
28	29	30	31	1	25	26	27	28	1	25	26	27	28	29

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION		11:00 am		6:00 pm	
<b>SUPPORT</b>					
Advanced Cancer Group				Weekly 2:00-3:00 pm	
All Cancers Group		Bi-Monthly: 1st & 3rd 6:30-8:00 pm		Bi-Monthly: 1st & 3rd 12:00-1:30 pm	
Bereavement Group		Weekly 6:30-8:00 pm		Weekly 10:30 am-12 pm	
Bladder Cancer Group*				Monthly: 3rd 6:00-8:00 pm	
Blood Cancers Group*				Monthly: 1st 6:30-8:00 pm	
Breast Cancer Group		Monthly: 1st 6:30-8:00 pm			
Caregivers Group		Bi-Monthly: 1st & 3rd 6:30-8:00 pm		Weekly 12:00-1:30 pm	
Gastrointestinal Cancer Group*				Monthly: 4th 6:30-8:00 pm	
Metastatic Breast Group				Monthly: 3rd 6:30-8:00 pm	
Ovarian/Gyn Group	Bi-Monthly: 2nd & 4th 12:30-2:30 pm				
Young Adult Group				Bi-Monthly: 2nd & 4th 6:30-8:00 pm	

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MIND-BODY (M-B)**</b>					
Gentle Yoga	Weekly 10:00 am & 11:15 am		Weekly 10:00 am & 11:15 am		
Guided Mindful Meditation					2nd & 4th & 5th 11:30 am-12:30 pm
Hypnosis For Symptom Reduction				Monthly: 1st 10:30-11:30 am	
Inner Peace & Healing		Weekly: 10:00 am			
Katy's Book Club			Monthly: 1st 2:00 pm		
Knitting, Stitch & Chat					Weekly: 10:00 am
Movement For Health				Monthly: 4th 10:30 am	
Pink Ribbons Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm		
Relaxation & Tranquility					Bi-monthly: 1st & 3rd 11:30 am

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EDUCATIONAL**</b>					
Breast Cancer Symposium Update			January 23rd 6:30-8:00 pm		
Dermatologic Side Effects Of Chemo			February 6th 6:30-8:00 pm		
How to Integrate Natural Medicine into Breast Cancer Care			February 27th 6:30-8:00 pm		
Medical Marijuana	March 4th 6:30-8:00 pm				
Plant-Based Diet			March 27th 6:30-8:00 pm		
SPECIAL: Souper Bowl Potluck					February 1st 6-8:00 pm

\*Caregivers and cancer patients can attend. \*\*All Mind/Body and Education programs are open to cancer survivors and their caregivers.

# LANDOVER January – March 2019

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION			11:00 am		
<b>SUPPORT</b>					
All Cancers Group	Weekly 6:30-8:00 pm		Weekly 12:00-1:30 pm		
Caregivers Group*	Weekly 6:30-8:00 pm		Weekly 12:00-1:30 pm		
Young African-American Women W/ Breast Group				Bi-Monthly: 1st & 3rd 6:30-8:00 pm	
<b>M-B**</b>					
Gentle Yoga		Weekly: 12:00 pm			
Hypnosis For Symptom Reduction				Monthly: 2nd 10:30 am	
Pink Ribbon Pilates				Weekly: 12:00 pm	
<b>EDUCATIONAL**</b>					
Multiple Myeloma				January 10th 1:30-3:00 pm	
Winter Wellness: Comfort Foods That Taste Good And Keep You Healthy!		February 5th 2:00-3:30 pm			
Shiatsu Massage				March 14th 10:00-11:30 am	
It's a Wrap			March 27th 10:00-11:30 am		

\*Caregivers and cancer patients can attend. \*\*All Mind/Body and Education programs are open to cancer survivors and their caregivers.

## EDUCATIONAL PROGRAM DESCRIPTIONS

**Breast Cancer Symposium Update:** Dr. Rebecca Kaltman, Medical Oncologist, will provide an overview of the latest findings in treatment and research from the December 2018 Breast Cancer Symposium.

**Dermatologic Side Effects of Chemo:** Dr. Adam Friedman, Professor of Dermatology at GW School of Medicine, will discuss the adverse events associated with cancer therapy and management strategies as well as basic skin, hair and nail care.

**How to Integrate Natural Medicine into Breast Cancer Care:** Dr Aminah Keats will discuss the different breast cancer types, common conventional breast cancer treatment and natural therapies to reduce side effects, support immune function and provide cancer-fighting effects.

**It's A Wrap:** Julia Spraggins, wraptician, will offer hands-on instruction in ways to use fabrics and scarves to wrap and adorn heads in unique and versatile ways.

**Medical Marijuana:** Dr. Matthew Mintz will discuss the use of medical cannabis to improve quality of life in patients with cancer.

**Multiple Myeloma:** Sabrena Smith, RN, MSN, OCN will explain what is happening in the body at a cellular level and how these changes can lead to symptoms and disease complications.

**Plant-Based Diet:** Focusing on plant-based nutrition for optimal health.

**Winter Wellness: Comfort Foods that Taste Good and Keep You Healthy!**  
Don't let gray skies and cold weather stop you from

maintaining a healthy lifestyle and cooking healthy meals. Learn useful tips to stay healthy and creative ways to enjoy tasty seasonal foods that are full of nutrients and easy to prepare!

**Shiatsu Massage:** Learn the benefits, history and theory of Shiatsu Massage which comes from the same medical tradition as acupuncture. Enjoy a Self Shiatsu practical with a take home guide.

**A reservation is required for all educational programs. Please RSVP at [info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org) or 301-634-7500.**

## Special Events

### CELEBRATION OF HOPE GALA

The InterContinental at The Wharf  
Thursday, March 14th, 2019  
6:30-10:00 pm

Each year at the Celebration of Hope Gala, we honor an individual, a company and a volunteer that have been extraordinarily supportive of our mission. This year, we are delighted to present our Celebration of Hope Award to Gary Altman, Altman & Associates, and Hope Connections Board Chair. Our Partnership Award will be presented to King & Spalding LLP, which has been a staunch supporter of Hope Connections since 2007. We will also be honoring an extraordinary volunteer, Holly Fungler LCSW-C, Hope Connections Clinical Facilitator and Board Member.

Please join us for this special celebration.  
For sponsorship and ticket information contact  
**301-634-7500** or [info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org).

### RUN FOR HOPE

Friday, April 26 & Saturday, April 27, 2019

Hope Connections is the beneficiary of the American Odyssey, a 200-mile relay that starts in Gettysburg, PA and ends at the waterfront in Washington, DC. We receive a portion of all registration fees and also recruit our own fundraising teams to participate in the event. Teams usually have 12 team members, although a limited number of "ultra" teams are allowed to participate. We are also recruiting teams for the one-day Potomac Odyssey Relay, a 57-mile version of the event that starts Saturday morning in Brunswick, MD and ends at the DC waterfront. Teams for this event have three or six members. For registration information or to volunteer for this event, call **301-634-7500** or email [info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org).



## OUR STAFF

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# PROGRAM CALENDAR

January — March 2019



If you would like to receive program and special event updates, please call **301-634-7500** or e-mail us and give us your contact information.

Please indicate if you prefer receiving information via regular mail or e-mail.

*Thank you!*

301-634-7500

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