Hope Connections helps people with cancer and their loved ones deal with the emotional and physical toll that comes with a cancer diagnosis. Our facility is located in a historic home where people affected by cancer can escape the clinical environment 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 regardless of their cancer diagnosis, stage of disease, age, economic status, race, religion, sex or where they receive their medical care.

To learn more about Hope Connections for Cancer Support and our programs, visit our website at www.HopeConnectionsForCancer.org

Cancer Immunotherapy - Not Just a Distant Promise
by Louis W. Weiner, MD, Director, Lombardi Comprehensive Cancer Center

Cancer immunotherapy is coming of age. It has become abundantly clear that immunotherapy – which has been described as treating the body’s immune system so the immune system can treat the cancer – can be routinely effective, and may indeed cure advanced cancers. The host immune system is the only active enemy faced by a malignant cell population as it develops. So it is helpful to think of the battle between the cancer cell population and the developing cancer as a Darwinian crucible in which only the malignant cells most fit to thrive in the face of active immune system attack are able to survive in the host. All successful cancers thus have overcome the defenses mounted by host immune systems by actively thwarting the evolution of anti-cancer immunity.

A malignant cell population that has “solved” the riddle of the host immune system need not employ all of these mechanisms in order to survive in a particular host. Hence, it may be that the dominant mechanisms of immune evasion

**All Programs are Donor Supported**

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**Team Hope**

Team Hope is Hope Connection’s training team, in which participants raise funds to benefit people with cancer and their loved ones through our free programs of emotional support, education, wellness and hope. Team members receive a comprehensive training program to help them prepare to complete a relay, marathon, half-marathon, 5k or other endurance event. Team Hope members can walk or run in a group event selected by Hope Connections or participate in any event of their choosing (5k, 10-miler, marathon, iron man, triathlon, biking event, etc.)

This year, Hope Connections has three events in which we are participating as an organization:

- **American Odyssey Relay (May 1-2)** We are now recruiting for teams to participate in this event, which includes a 200-mile relay from Gettysburg, PA to Washington, DC (12 team members) and a 76-mile relay from Shepherdstown, WV to Washington, DC (6 team members). Registration for this event is open, in which Hope Connections

- **Rock the Creek Relay (September 27)** A new 30-mile relay (6 team members), of which Hope Connections is also a beneficiary. Registration opens June 1.

- **Candy Cane City 5K (November 8)** This is an event in which we have participated for several years. It is a low-key, fun 5K that welcomes both walkers and runners. Registration opens August 1.

For registration and information, go to www.hopeconnectionsforcancer.org, click on programs.

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**All Programs are Donor Supported**

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**Mission**

To help people with cancer and their loved ones deal with the emotional and physical impact of cancer through professionally facilitated programs of emotional support, education, wellness and hope.
Cancer ImmunoTherapy

(continued from page 1)

in any given patient in fact represent potential Achilles Heels that can be therapeutically attacked to restore immune control of a cancer. To better understand where opportunities exist for immunotherapy, it is important to first consider how developing cancers overcome host immunity, by Overwhelming, Hiding, Subverting, Shielding, Defending and Outlasting the host immune response. Ultimately, more than one of these mechanisms may be present in any particular patient, but it is likely that many cancer types employ dominent immune defense mechanisms such as PD-L1 expression by tumor cells in some patients with melanoma. There can be no doubt that mobilizing the immune system to attack a patient, but it is likely that many cancer types exist for immunotherapy, it is important to first understand the principles of Reiki and positive body image are part of the approach to cancer prevention and care. Hence, interlukin-2 therapy for advanced melanoma and kidney cancers, and local type I interferon or BCG instillations to treat early stage bladder cancer. Monoclonal antibodies such as rituximab and trastuzumab have significant utility in lymphomas and breast cancer, respectively, and are important components of curative regimens for these malignancies. Other monoclonal antibodies, such as cetuximab, have important role in cancer activity in colorectal and cancers of the head and neck. One vaccine, Sipileucel-T, prolongs life in men with prostate cancer.

Other advances have occurred for these malignancies. Other monoclonal antibodies, such as cetuximab, have important role in cancer activity in colorectal and cancers of the head and neck. One vaccine, Sipileucel-T, prolongs life in men with prostate cancer.

THE HOPE CHEST FASHIONS & TEA
April 20 • 11 a.m. – 1 p.m.

A whole day of fun to benefit Hope Connections – raffle, silent auction, great food and beverages. Stay by summer during the day and 15% of the entire day’s proceeds will go to Hope Connections!

DOGGISH HEAD FUNDRAISING DAY
June 16 • 11:30 a.m. – 11 p.m.
6520 Leesburg Pike, Falls Church, VA 22044

A day of fun to benefit Hope Connections – raffle, silent auction, great food and beverages. Stay by summer during the day and 15% of the entire day’s proceeds will go to Hope Connections!

Mind-Body Classes
Attendance at an orientation is required. Classes are weekly unless otherwise noted. Please RSVP when indicated. Comfortable clothing and physician recommendation preferred.

Emotional Freedom Techniques
3rd Thursday of each month, 10:30 – 11:30 a.m. Lynne Shaner & Bev Nerenberg provide a helpful technique for dealing with cancer. Learn that meditation changes the brain, strengthens immunity, and lowers blood pressure. Learn a skill that will benefit you in mind, body and spirit.

Heart Art
Saturday, 10:30 – 12 p.m. Enjoy painting from the heart, led by energy healer Alie Lattimer. 

Hypnosis for Symptom Reduction
1st Thursday of each month, 10:30 – 11:30 a.m. Hypnosis has been shown to decrease pain, anxiety and other symptoms related to cancer treatment. Certified hypnotherapist Don Pelles teaches self-hypnosis techniques that will assist in the management of these symptoms.

Inner Peace & Healing
These classes combine stretching, breathing and relaxation exercises to help improve muscle tone and aid in stress management. These classes combine stretching, breathing and relaxation exercises to help improve muscle tone and aid in stress management.

THE HOPE CHEST
300 Franklin St., Falls Church, VA 22046
www.hopeconnectionsforcancer.org

CARING FOR THE BODY

March 2015

April 2015

May 2015

June 2015

July 2015

August 2015

September 2015

October 2015

November 2015

December 2015

January 2016

February 2016

March 2016

April 2016

May 2016

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December 2023
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**April 2015**

**Monday, April 10**
- 10 – 11 a.m. Gentle Yoga at ACC*
- 11 a.m. Orientation*

**Tuesday, April 11**
- 10 – 11 a.m. Gentle Yoga at ACC*
- 11 a.m. Orientation*

**Wednesday, April 12**
- 10 – 11 a.m. Gentle Yoga at ACC*
- 11 a.m. Orientation*

**Thursday, April 13**
- 10 – 11 a.m. Gentle Yoga at ACC*
- 11 a.m. Orientation*

**Friday, April 14**
- 10 – 11 a.m. Gentle Yoga at ACC*
- 11 a.m. Orientation*

**Saturday, April 15**
- 10 – 11 a.m. Gentle Yoga at ACC*
- 11 a.m. Orientation*

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**Regain Your Strength**

**Saturday, April 15**
- 10 – 11 a.m. Gentle Yoga
- 11 a.m. Orientation*

**Sunday, April 16**
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“We know that patients may experience a range of emotions during their cancer journey. At Hope Connections for Cancer, we believe in providing support, education, and resources to help patients and caregivers navigate these challenges. Whether it’s through our programs for patients, caregivers, or those affected by cancer, we are here to offer support and guidance.”

I am very grateful to this organization and its staff for helping us through this journey.”

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For programs requiring an RSVP*, please contact info@hopeconnectionsforcancer.org or 301-634-7500
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**Support Groups**

Our support groups provide people with cancer and caregivers with a place to explore ways of coping with the stress of a cancer diagnosis and treatment. Our licensed clinicians help support group participants learn how to take an active role in their own health and wellbeing. Attendance at an orientation is required.

**SUPPORT GROUPS**

**For more details on Support Groups, please contact Dave Ringer at 301-634-7500.**

**WEEKLY SUPPORT GROUPS**

**Vacation from Cancer**
- **Thursday, 6:30 – 8 p.m.**

**Bladder Cancer Group**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Ovarian/Gyn Cancer**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Advanced Cancer Group**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Bereavement**
- **5th Thursday, 12 – 1:30 p.m.**

**Gastro-intestinal Cancers**
- **4th Monday, 2:30 – 4 p.m.**

**Mind-Body Retreat**
- **3rd Thursday, 6:30 – 8 p.m.**

**Lung Cancer**
- **4th Monday, 2:30 – 4 p.m.**

**Parents with Cancer Group**
- **2nd Monday, 6:30 – 8 p.m.**

**Parents with Cancer**
- **2nd Monday, 6:30 – 8 p.m.**

**Pink Ribbon Pilates**
- **12:30 – 1:30 p.m.**

**Parents with Cancer Group**
- **2nd Monday, 6:30 – 8 p.m.**

**All Cancers Group**
- **2nd and 4th Tuesday, 12:30 – 2 p.m.**

**Pink Ribbon Pilates**
- **12:30 – 1:30 p.m.**

**Parents with Cancer Group**
- **2nd Monday, 6:30 – 8 p.m.**

**All Cancers Group**
- **2nd and 4th Tuesday, 12:30 – 2 p.m.**

**Mindful Meditation**
- **2nd & 4th Thursday, 6:30 – 8 p.m.**

**Bladder Cancer Group**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Ovarian/Gyn Cancer**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Advanced Cancer Group**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Bereavement**
- **5th Thursday, 12 – 1:30 p.m.**

**Gastro-intestinal Cancers**
- **4th Monday, 2:30 – 4 p.m.**

**Mind-Body Retreat**
- **3rd Thursday, 6:30 – 8 p.m.**

**Lung Cancer**
- **4th Monday, 2:30 – 4 p.m.**

**Parents with Cancer Group**
- **2nd Monday, 6:30 – 8 p.m.**

**All Cancers Group**
- **2nd and 4th Tuesday, 12:30 – 2 p.m.**

**Pink Ribbon Pilates**
- **12:30 – 1:30 p.m.**

**Parents with Cancer Group**
- **2nd Monday, 6:30 – 8 p.m.**

**All Cancers Group**
- **2nd and 4th Tuesday, 12:30 – 2 p.m.**

**Mindful Meditation**
- **2nd & 4th Thursday, 6:30 – 8 p.m.**

**Bladder Cancer Group**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Ovarian/Gyn Cancer**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Advanced Cancer Group**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Bereavement**
- **5th Thursday, 12 – 1:30 p.m.**

**Gastro-intestinal Cancers**
- **4th Monday, 2:30 – 4 p.m.**

**Mind-Body Retreat**
- **3rd Thursday, 6:30 – 8 p.m.**

**Lung Cancer**
- **4th Monday, 2:30 – 4 p.m.**

**Parents with Cancer Group**
- **2nd Monday, 6:30 – 8 p.m.**

**All Cancers Group**
- **2nd and 4th Tuesday, 12:30 – 2 p.m.**

**Pink Ribbon Pilates**
- **12:30 – 1:30 p.m.**

**Parents with Cancer Group**
- **2nd Monday, 6:30 – 8 p.m.**

**All Cancers Group**
- **2nd and 4th Tuesday, 12:30 – 2 p.m.**

**Mindful Meditation**
- **2nd & 4th Thursday, 6:30 – 8 p.m.**

**Bladder Cancer Group**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Ovarian/Gyn Cancer**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Advanced Cancer Group**
- **2nd and 4th Thursday, 6:30 – 8 p.m.**

**Bereavement**
- **5th Thursday, 12 – 1:30 p.m.**

**Gastro-intestinal Cancers**
- **4th Monday, 2:30 – 4 p.m.**

**Mind-Body Retreat**
- **3rd Thursday, 6:30 – 8 p.m.**

**Lung Cancer**
- **4th Monday, 2:30 – 4 p.m.**

**Parents with Cancer Group**
- **2nd Monday, 6:30 – 8 p.m.**

*Caregivers are also welcome to attend.

**MONTHLY SUPPORT GROUPS**

**Bladder Cancer**
- **3rd Thursday, 6 – 8 p.m.**

**Blood Cancers**
- **1st Thursday, 6 – 8 p.m.**

**Gastro-intestinal Cancers**
- **4th Thursday, 6:30 – 8 p.m.**

**Lung Cancer**
- **2nd Monday, 6:30 – 8 p.m.**

**Parents with Cancer**
- **3rd Thursday, 6:30 – 8 p.m.**

*Caregivers are also welcome to attend.

**Educational Programs**

A reservation is required for all educational programs. Please RSVP at info@hopeconnectionsforcancer.org or 301-634-7500.

**Acupuncture**
- **Monday, 4/6, 6:30 – 8 p.m.**
- **Molly Shapiro, a licensed acupuncturist and practitioner of Traditional Chinese Medicine (TCM), will discuss how TCM can benefit patients and their caregivers before, during, and after cancer therapies like surgery, chemotherapy and radiation. Learn which symptoms respond well to acupuncture and leave with some knowledge that can be applied immediately.**

**Nutrition: Boosting the Immune System**
- **Monday, 4/27, 6:30 – 8 p.m.**
- **Onkology nutrition specialist Lynda McIntyre R.D, L.D will talk about foods that help boost immunity. She will provide educational materials for including these foods into your diet, and address some of the confusing and conflicting information about diet and nutrition.**

**Look Good Feel Better**
- **Tuesday, May 5th, 1 – 3 p.m.**
- **LGB is a hands-on workshop conducted by licensed cosmetologist Caprese Hayes. It includes skin care, makeup application and a demonstration on how to use wigs, scarves and hats to help a woman cope with the side effects of cancer treatment. Patients must be undergoing chemotherapy or radiation treatment. LGB is a partnership between the American Cancer Society, Personal Care Products Council, and the National Cosmetology Association.**

**Mind-Body Retreat**
- **Wednesday, 5/13, 6:30 – 8 p.m.**
- **Join us for a full day of relaxation and rejuvenation….a bit of interior spring cleaning. Choose from a menu of mind/body programs from energy work to healing art to meditation and more. Lunch will be provided. RSVP required.**

**Support Groups**

Our support groups provide people with cancer and caregivers with a place to explore ways of coping with the stress of a cancer diagnosis and treatment. Our licensed clinicians help support group participants learn how to take an active role in their own health and wellbeing. Attendance at an orientation is required.

**WEEKLY SUPPORT GROUPS**

**Advanced Cancer**
- **Thursday, 2 – 3 p.m.**

**All Cancers**
- **Tuesday, 6:30 – 8 p.m.**

**All Cancers**
- **Thursday, 12 – 1:30 p.m.**

**Bereavement**
- **Tuesday, 6:30 – 8 p.m.**

**Caregiver**
- **Tuesday, 6:30 – 8 p.m.**

**BI-MONTHLY SUPPORT GROUPS**

**All Cancers at ACC**
- **2nd & 4th Tuesdays, 12:30 – 2 p.m.**

**All Cancers at ACC**
- **2nd & 4th Mondays, 12:30 – 2 p.m.**

**Ovarian/Gyn Cancers**
- **2nd & 4th Mondays, 12:30 – 2:30 p.m.**

**Young Adult**
- **2nd & 4th Thursdays, 6:30 – 8 p.m.**

For programs requiring an RSVP*, please contact info@hopeconnectionsforcancer.org or 301-634-7500.
Cancer Immunotherapy

Our popular “fitflies” troupe has a treat for you! Bring your lunch and join us in the March Conference Room of Beaumont House for a causal fashion show of some of the seasonal fashions and accessories currently on sale at The Hope Chest. Tea and cookies will be provided. The Hope Chest will also be open for your shopping pleasure.

The Hope Chest is managed and operated entirely by volunteers, with 100% of the proceeds supporting Hope Connections programs and activities. The Hope Chest raised enough funds to underwrite the cost of 73 gentle yoga classes at Hope Connections.

**FLU & COLD SEASON**

While spring will soon be in the air, flu and cold season is still with us. Please note that many people with a cancer diagnosis have compromised immune systems. If you have the flu, a cold or any other contagious condition, please do not attend programs at Hope Connections until you have recovered. Thank you!

**Introducing our new Office Manager/Volunteer Coordinator**

Renee Wells joined our staff on January 2 as our new Office Manager/Volunteer Coordinator. In this role, she will be responsible for managing the administrative side of our operations, as well as recruiting, training and supervising our volunteers. Renee was previously office manager at the Maryland State Coalition of Hunger and spent eight years in volunteer management at the American Red Cross. Renee is also an ori-
Hope Connections helps people with cancer and their loved ones deal with the emotional and physical toll that comes with a cancer diagnosis. Our facility is located in a historic home where people affected by cancer can escape the clinical environment 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 regardless of their cancer diagnosis, stage of disease, age, economic status, race, religion, sex or where they receive their medical care.

To learn more about Hope Connections for Cancer Support and our programs, visit our website at www.HopeConnectionsForCancer.org.

**Our Programs**

**Support Groups**
- Weekly support groups:
  - Advanced Cancer
  - All Cancers
  - Bereavement
  - Caregiver, Friends & Family
- Bi-Monthly support groups:
  - All Cancers at ACC
  - All Cancers & Caregivers at MMMC
  - Breast Cancer
  - Ovarian/Gyn Cancers
  - Young Adults with Cancer
- Monthly support groups:
  - Bladder Cancer
  - BIP
  - Gastric-intestinal Cancers
  - Lung Cancer
  - Parents with Cancer

**Education Programs**
- Presentations ranging from new discoveries in research to healthy cooking demonstrations are open to all affected by cancer.
- Mind-Body Classes:
  - Emotional Freedom Techniques
  - Gentle Yoga
  - Guided Mindfulness Meditation
  - Heart Art
  - Hypnosis for Symptom Reduction
  - Inner Peace & Healing
  - Knitting, Stitch & Chat
  - Pink Ribbon Pilates
  - Regain Your Strength Exercise
  - Reiki Share
  - Relaxation & Tranquility
  - Vacation from Cancer

**Program Calendar**

- April — June 2015

**Vacation from Cancer**
- Mind-body classes designed to reduce stress in the lives of people with cancer and their caregivers.

**Cancer Immunotherapy - Not Just a Distant Promise**

Cancer immunotherapy is coming of age. It has become abundantly clear that immunotherapy— which has been described as treating the body’s immune system so the immune system can treat the cancer—can be routinely effective, and may indeed cure advanced cancers. The host immune system is the only active enemy faced by a malignant cell population as it develops. So it is helpful to think of the battle between the cancer cell population and the developing cancer as a Darwinian crucible in which only the malignant cells most fit to thrive in the face of active immune system attack are able to survive in the non-host. All successful cancers thus have overcome the defenses mounted by host immune systems by actively thwarting the evolution of anti-cancer immunity.

A malignant cell population that has “solved” the riddle of the host immune system need not employ all of these mechanisms in order to survive in a particular host. Hence, it may be that the dominant mechanisms of immune evasion continued on page 2