



Hope  
Connections  
FOR CANCER SUPPORT



## PROGRAM CALENDAR

October – December 2021

ALL PROGRAMS  
ARE ALWAYS  
PROVIDED FREE  
OF CHARGE

**TWO LOCATIONS, ONE HOPE AND NOW VIRTUAL**

10100 Laureate Way  
Bethesda, MD 20814  
**301-634-7500**

Carrollton Corporate Center  
8401 Corporate Drive, Suite 100  
Landover, MD 20785



**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
- Newly Diagnosed\*

### BI-MONTHLY SUPPORT GROUPS:

- Breast Cancer
- Metastatic Breast Cancer
- Ovarian/GYN Cancers
- Young Adults with Cancer

### MONTHLY SUPPORT GROUPS:

- Bladder Cancer\*
- Blood Cancers\*
- Gastrointestinal Cancers\*
- Men's All Cancers
- Post Treatment

\*Caregivers and cancer patients can attend

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

\*\*\*Educational programs & Social Events are open to all.

## MIND-BODY CLASSES\*\*

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

- Gentle Yoga
- Guided Mindfulness Meditation
- Hypnosis for Symptom Reduction
- Inner Peace & Healing
- Katy's Book Club
- Knitting, Stitch & Chat
- Mind/Body Boxing
- Pink Ribbon Pilates
- Relaxation & Tranquility
- Strength & Balance
- Tai Chi

## EDUCATIONAL PROGRAMS\*\*\*

Educational programs and social events open to all.

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. If you are new to Hope Connections, contact us at [info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org), or 301-634-7500





# MY STORY

BY MARVA RODULFO

Cancer does not knock at your door and wait for an invitation to enter; cancer comes in and takes over your life. You have no control over cancer. Cancer shows up at its own convenience.

My first cancer diagnosis was August 2016.

I considered myself a healthy 58- year-old woman, when I started having intermittent bleeding. I had already experienced menopause, therefore this became a matter of great concern, and I promptly scheduled an appointment with my GYN. I had a biopsy and was diagnosed with stage 2 endometrial cancer.

At that time, I was preparing for my annual vacation to Trinidad to check on my parents and take them to their doctors' appointments.

I was devastated. No one in my family was ever diagnosed with cancer. My family's history was hypertension. This was like an earthquake and a tsunami hitting my family at the same time.

My family and friends tried to be everything to me. They were kind, compassionate, helpful, available, and sometimes overbearing. I had a hard time expressing my feelings since I did not want to seem unappreciative.

I suffered in silence, while allowing everyone to tell me how I should feel and what should be done about my feelings.

I was cancer free for 3 years.

October 2019, my husband had a ruptured aorta and spent 22 days in the hospital. June 2020, he again had surgery to his heart and was in and out of the hospital for a while. He was unable to work, and everything went downhill.

Life for us was not the same.

By August 2020, I started having terrible pains in my pelvic area. At first, I ignored the pains since I was too busy looking after my husband. By September the pains were so intense, I could hardly climb out of bed. I was diagnosed and scheduled for surgery for appendicitis. Being uncomfortable with the diagnosis, I reached out to my previous oncologist, who recommended a biopsy. I was diagnosed with cancer, metastatic to my lymph nodes.

I felt like I was being broken into many pieces and was too scared to care. The universe was totally against me, and I had no intention of going through this with my family and friends again.

I decided to be silent and pretend that all was well, until I had a breakdown at the infusion center and an angel, who appeared as a nurse, listened, consoled, and introduced me to Hope Connections.

At first, I was not interested, but I decided to call and spoke to the most amazing and helpful person. Another angel.

At Hope Connections, I have met the most amazing group of people. They are strong, resilient, kind, caring, loving, outspoken, light givers. They are my Heroes at Hope, who have encouraged me to embrace, understand and live my best life every day. I will forever be connected to these people, who now I consider as my extended family.

Hope Connections has renewed my Hope.





# A GREAT TIME TO GIVE: SPECIAL TAX BENEFITS THIS YEAR

Congress has extended the authorization for special benefits for charitable deductions for this year:

**Do you itemize deductions on your taxes?** Individuals can elect to deduct donations **up to 100% for cash or check donations** of their 2021 adjusted gross income (up from 60% previously). The more you give in 2021, the more you can reduce your federal income taxes. Deductions of stocks or securities retain the 30% deduction limit, but still allow you to avoid paying capital gains tax. The higher deduction also does not apply to donations directly to a donor-advised fund (This remains at a 60% deduction).

**If you don't itemize:** You can deduct up to **\$300** per taxpayer (**\$600** for a married couple) in annual charitable contributions if you take the standard deduction (for taxpayers who do not itemize their deductions). It is an "above the line" adjustment to income that will reduce your adjusted gross income, and thereby reduce taxable income. A donation to a donor-advised fund does not qualify for this new deduction. To be eligible for the deduction, you would have to give a donation to a qualified charity like Hope Connections. If you have already donated this year (since January 1, 2021), that contribution counts toward the \$300 cap.

**Do you have an IRA?** If you are 72 or older and have an IRA, you are obligated to take a **Required Minimum Distribution (RMD)** out each year, whether you need or want it. Unfortunately, your retirement plan is probably the most highly taxed asset that you own and the money that you must take out of the IRA immediately adds to your taxable income. Rolling over all or part of that RMD as a contribution to Hope Connections has four main benefits:

- The amount you give (up to \$100,000 total qualified charitable giving) doesn't add to your gross income and can be given completely tax free no matter what your income is, your itemized deduction or standard deduction.
- The qualified charitable deduction goes towards satisfying your required minimum deduction and thus lowers your taxable income.
- This may have the additional advantage of keeping more of your social security benefit tax-free. The amount of social security that is taxable is pegged to your adjusted gross income and by eliminating the income from the IRA as part of taxable income, you lower that number.
- Finally, a Qualified Charitable Deduction paid directly from the IRA does not impact your standardized or itemized deduction. This preserves a tax benefit for charitable giving that is lost to those who opt for the standard deduction.

**Have you made money on your investments this year? Are you thinking of giving some of these profits to charity?** If you sell them, and then donate the money, you will pay a capital gains tax. But, if you give these assets directly to charity, they are not taxable to you. You can give up to the full amount to charity and take a tax benefit for whatever amount you give (up to 30% of your adjusted gross income).

Take advantage of these special benefits and help us to offer our great programs free of charge! For more information, please contact Amy Weinberg at (301) 648-8163 or [amy@hopeconnectionsforcancer.org](mailto:amy@hopeconnectionsforcancer.org)

Tax Strategies for



Charitable Giving

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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!*

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