



Hope
Connections
FOR CANCER SUPPORT

PROGRAM CALENDAR

January –
March
2022



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

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
- Yin Yoga

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, or 301-634-7500

PROGRAM DESCRIPTION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION – Call for details						
SUPPORT	Advanced Cancer Group				Weekly: 2:00–3:00 pm	
	All Cancers Group	Weekly: 6:30–7:30 pm		Weekly: 12:00–1:00 pm		
	Bereavement Group		Weekly: 6:30–7:30 pm		Weekly: 10:30–11:30 am	
	Bladder Cancer Group*				Monthly: 3rd, 6:00–8:00 pm	
	Blood Cancers Group*				Monthly: 1st, 6:30–7:30 pm	
	Breast Cancer Group		Bi-Monthly: 1st & 3rd 6:30–7:30 pm			
	Caregivers Group			Weekly: 6:30–7:30 pm	Weekly: 12:00–1:00 pm	
	Gastrointestinal Cancers Group*				Monthly: 4th, 6:30–7:30 pm	
	Metastatic Breast Cancer Group		Bi-Monthly: 2nd 6:30–7:30 pm		Bi-Monthly: 3rd 6:30–7:30 pm	
	Newly Diagnosed* – Call for details					
	Ovarian/GYN Cancers Group	Bi-Monthly: 2nd & 4th 12:30–1:30 pm				
	Post Treatment Group	Monthly: 1st 6:30–7:30 pm				
	Young Adults with Cancer Group				Bi-Monthly: 2nd & 4th 6:30–7:30 pm	

MIND-BODY (M-B)**	Mind/Body Boxing	Weekly: 6:30–7:30 pm				
	Gentle Yoga	Weekly: 10:00 am & 11:15 am	Weekly: 12:00 pm	Weekly: 10:00 am & 11:15 am		
	Guided Mindful Meditation					Bi-Monthly: 2nd & 4th 11:30 am
	Hypnosis For Symptom Reduction				Monthly: 1st, 10:30 am	
	Inner Peace & Healing		Weekly: 10:00 am			
	Katy's Book Club			Monthly: 1st, 2:00 pm		
	Knitting, Stitch & Chat					Weekly: 10:30 am
	Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	Weekly: 12:30 pm	
	Relaxation & Tranquility					Bi-Monthly: 1st & 3rd 11:30 am
	Strength & Balance					Weekly: 10:00 am
	Tai Chi		Weekly: 11:30 am			
	Yin Yoga	Weekly: 8:00–9:00 pm				

EDU.***	Breast Cancer Symposium Update			1/26, 6:30–7:30 pm		
	Understanding and Treating Peripheral Neuropathy			2/2, 6:30–7:30 pm		
	Finding Strength, Spirit & Gratitude to Promote Feelings of Wellness			2/23, 6:30–7:30 pm		
	Good Nutrition for Cancer Care			3/2, 6:30–7:30 pm		

*Caregivers and cancer patients can attend. **All Mind/Body programs are open to cancer survivors and their caregivers. ***Educational programs and Social Events are open to all.

PROGRAM DESCRIPTION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION – Call for details						
SUPPORT	All Cancers Group	Weekly: 6:30–7:30 pm		Weekly: 12:00–1:00 pm		
	Caregivers Group			Weekly: 6:30–7:30 pm		
	Men's All Cancers Group				Monthly: 1st, 6:30–7:30 pm	
	Post Treatment Group	Monthly: 1st, 6:30–7:30 pm				
M-B**	Gentle Yoga	Weekly: 10:00 am & 11:15 am	Weekly: 12:00 pm	Weekly: 10:00 am & 11:15 am		
	Hypnosis For Symptom Reduction				Monthly: 1st, 10:30 am	
	Mind/Body Boxing	Weekly: 6:30–7:30 pm				
	Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	Weekly: 12:30 pm	
	Yin Yoga	Weekly: 8:00–9:00 pm				
EDU.***	Death & Dying Conversations			1/19, 6:30–7:30 pm		
	Hot Topics for Young Adults: Let's Talk About Sex AND Pleasure			2/16, 6:30–7:30 pm		
	Understanding Cancer Clinical Trials and Research			3/9, 6:30–7:30 pm		

EDUCATIONAL PROGRAM DESCRIPTIONS

A reservation is required for all educational programs. If you are new to Hope Connections, contact us at info@hopeconnectionsforcancer.org, or 301-634-7500.

Death & Dying Conversations

While most of us are comfortable talking about Life, many of us shy away from Death & Dying Conversations. Join guest speaker, Dr. Anna Maria Izquierdo, a palliative care doctor with Care For Your Health, Inc, Palliative Medicine Consultants of Greater Washington LLC, for a conversation on end-of-life care. This will be an interactive discussion.

Breast Cancer Symposium Update

Candice Mainor, MD is a medical oncologist at Lombardi Cancer Center in Washington, DC. Her specialty is breast cancer diagnosis and treatment. She will provide an overview of the latest findings in treatment, and research, from the San Antonio Breast Cancer Symposium.

Understanding and Treating Peripheral Neuropathy

Chemotherapy induced neuropathy (CIN) is the bane of many modern oncology treatments. Pain, numbness, tingling or all three can persist forever. The risk of serious falls is increased by 50%. Dr. Thomas Smith, The Harry J. Duffey Family Professor of Palliative Medicine; Professor of Oncology will review the current strategies to prevent CIN (none proven at this point) and the most recent methods of treatment including topicals, CBD, auricular (ear) point acupressure, and Scrambler Therapy.

Hot Topics for Young Adults:

Let's Talk About Sex AND Pleasure

For young adults, sex is an important topic, and pleasure may be the most important aspect of sex. For young adults with cancer, there are unique questions and concerns about sex and sexual health that the medical team may not be adequately answering, and pleasure is likely never discussed. Join us and Lauren Broschak, LCSW, OSW-C, oncology-certified Licensed Clinical Social Worker at Life with Cancer, as we have a frank and honest conversation, and provide accurate information to help support a safe, healthy, and pleasurable approach to sex and cancer.

Finding Strength, Spirit & Gratitude to Promote Feelings of Wellness

Join Jacki Kwan, MSW for an interactive presentation that will focus on inner strength and spirit to promote gratitude, healing, and connection.

Good Nutrition for Cancer Care

Patricia Guay-Berry (registered dietitian and board-certified specialist in oncology nutrition) will discuss ways to prepare for and cope with the challenges of active treatment and healthier habits afterwards. She will also focus on strategies that: ease side-effects and maintain a healthy weight; prevent breaks in treatment and promote healing; and make simple changes that lead to healthier living.

Understanding Cancer Clinical Trials and Research

When it comes to the language of science and medicine, there is no Rosetta Stone. Bill Hearl, Ph.D. will attempt to provide some guidance on how to navigate through all the jargon in order to help you understand the many types of cancer - related articles and websites on the Internet.

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

Special Events

Save the Date

The 16th Annual Celebration of Hope Gala is Coming to You!

Once again, we are bringing the annual Celebration of Hope Gala to the comfort of your home. Please join us in celebrating our ongoing work providing free programs of emotional support, education, wellness and Hope for people with cancer and their loved ones.

Celebration of Hope Gala
St. Patrick's Day
Thursday, March 17, 2022
8:00 – 9:00 pm

More details to follow

PRESENTING SPONSOR
KING & SPALDING

Join Team Hope

as we take on the...
AMERICAN Odyssey RELAY


Twelve Teammates. Two Days.
Two Hundred Miles. Countless Memories!

Team Hope will be there! Will You?

APRIL 29 – 30, 2022

Don't have the time (or energy) to do an entire American Odyssey Relay? We've got the perfect option for you!

For more information on AOR, POR, or how to register, please visit www.americanodysseyrelay.com
www.HopeConnectionsForCancer.org
or go to: <https://bit.ly/AOR2022>

 Hope Connections
FOR CANCER SUPPORT

OUR STAFF

Office Manager & Volunteer Coordinator teresa@hopeconnectionsforcancer.org	MIND/BODY INSTRUCTORS	
Patricia Jackson Outreach & Development Manager patricia@hopeconnectionsforcancer.org	Johnnette Armstrong - Pink Ribbon Pilates	
Mary K. McCusker President and CEO mary@hopeconnectionsforcancer.org	May Benatar - Guided Mindful Meditation	
Stephanie Stern, LCSW-C Program Director stephanie@hopeconnectionsforcancer.org	Larry Bricker - Relaxation & Tranquility	
Rebecca Waldrop Development Coordinator rebecca@hopeconnectionsforcancer.org	Judy Goldstein - Expressive Art	
Amy Weinberg Development Director amy@hopeconnectionsforcancer.org	Angela Gore-Curry - Yin Yoga	
	Eric Govan - Mind/Body Boxing	
	Marlene Hayman - Katy's Book Club	
	Afie Lattimer - Inner Peace & Healing	
	Shyh-Ching Lo - Tai Chi	
	Amy Morrison - Gentle Yoga	
	Carole Moskowitz - Pink Ribbon Pilates	
	Delana Oliver - Gentle Yoga	
	Don Pelles - Hypnosis For Symptom Reduction	
	Kym Sevilla - Strength & Balance	
	Kathryn Winsberg - Knitting, Stitch & Chat	
	Cynthia Word - Movement For Health	
CLINICAL FACILITATORS:		
Nonie Akman, LCPC	Chester McCoy, LCSW-C	Stephanie Stern, LCSW-C
Denyse Fitz-Joeffield, LCSW-C	Monique Presbury, LCSW-C	Tom Sumser, LCSW-C
Holly Fungler, LCSW-C		

NUTRITION

BY PATRICIA GUAY-BERRY

Dietician Aquilino Cancer Center



Hope Connections - Healthy Eating in 2022!

The holidays are always fun and joyous but many of us may overindulge a little. Maybe you can't quite close that top button on your pants or a favorite shirt fits more snugly than usual. Or, it may be the opposite and due to health conditions, weight is trending down. As a cancer survivor or if currently in treatment, you may be more conscious of nutrition than the average American (although ALL should make good nutrition a priority!). Here are some tips to start 2021 off on the right foot:

1

Clean out your pantry. During the holidays, somehow foods such as chips, cookies, pies, etc. may have mysteriously ended up in your pantry. Highly processed foods (foods high in carbs and fat, and low in fiber) can contribute to weight gain and inflammation. Go through your pantry and read labels. Toss out products that fit this description. Get more ideas on stocking your pantry correctly here: <https://foodandnutrition.org/blogs/stone-soup/isnt-time-kitchen-refresh/>

2

Create a daily plan for the week. Take stock of what you have in the pantry, refrigerator and freezer and make a grocery list of what you need for the week. Go to the grocery store after a meal so you are not famished and pick up unnecessary items. Hold yourself accountable and stick to your plan!

3

Always plan to have 1/2-2/3 of your plate covered with plant foods - fruits, veggies, beans, nuts & seeds. These foods provide fiber which help feed the bacteria in your gut, keeping you healthy. Plant foods have naturally occurring compounds in them called phytonutrients that act as antioxidants to protect your body. These compounds protect our health by helping to block cancer cells from proliferating or encouraging cancer cells to self-destruct. For recipe ideas, check out www.aicr.org.

4

*Try intermittent fasting (IF) or time restricted eating (TRE). For starters, see if you can eat during a 12-hour window, meaning you eat during the hours of 8:00am-8:00pm. Then you fast for 12 hours during the night, mostly while sleeping. If that is easy, try to move to a 10-hour eating window or an 8 hour eating window. It is best to eat during the day and work towards "closing the kitchen" earlier in the evening. When you do eat, make sure to eat health promoting foods.

5

*Get back into your exercise routine. Sitting is now considered the new smoking so we need to make every effort to exercise daily. Moving and exercising after a meal can help bring blood sugar levels down which is helpful for cells in our body. Find a walking buddy or check out a new exercise class - many are available on YouTube. This site is specifically for cancer survivors: Home - Moving For Life If you are someone who never has time for exercise, then put it on your "to do list." Set a goal to exercise 15 minutes a day; then work towards increasing your goal to 30 minutes a day.

** If you are currently in treatment or newly out of treatment it's important to consult your doctor first.*

FUNDRAISING FOR HOPE CONNECTIONS

Sponsoring your own fundraiser is a great way to give back to Hope Connections, but don't take our word for it, see what others have to say!

BIRTHDAYS AND SPECIAL EVENTS



Louise:

"Hope Connections has been a real blessing to me and to my husband, Dr Frederick Martin, who died 3 1/2 years ago. I wanted to do something to say thank you, so I dedicated my birthday to Hope Connections."

ORGANIZATIONS AND CORPORATIONS

The Pickleball Club at Leisure World of Maryland:

Hope Participant Melanie joined her local Pickleball League in 2021. She nominated Hope Connections as the beneficiary for their upcoming tournament. The team raised \$1,400 during the two-day event for Hope Connections!

"I have gotten so much from Hope Connections that I try to give back any chance I get. This means getting out the word about all that Hope Connections has to offer in addition to making contributions in honor or memory of dear friends/loved ones. There is truly a human, personal touch to this non-profit, where emotional support is always available."



Tanger Outlets National Harbor - Pink Passes and Community Health Fair:

For the third year in a row, Tanger Outlets at National Harbor selected Hope Connections to be one of their beneficiaries from the sale of their 25% Pink Savings Passes, in honor of Breast Cancer Awareness Month.

We also held our annual Community Health Fair at the Outlet and many of the area's healthcare services and ministries came out to help get the word out about Hope Connections and all the free programming we offer.

Special thank you's to our sponsors; the Portman family and County Councilmember Monique Anderson Walker of District 8, and all the participating vendors. Together we raised \$11,100 from both events!

Feeling inspired to create your own fundraiser for Hope Connections?

Contact us to get started today! info@hopeconnectionsforcancer.org

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Holly Funger, LCSW-C
Hope Connections for Cancer Support

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PROGRAM CALENDAR

January – March 2022



10100 Laurette Way
Bethesda, MD 20814

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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