Thank you as a volunteer medic in Chuck’s honor. As I tell each person I vaccinate – I would hope connections enabled me to see a livable and tolerable future with the grief I continue to manage.

I learned coping strategies on suddenly being alone and how to manage “grief triggers” thoughtfully and share experiences that confirmed my feelings were to be expected. Support was, and still is, important to me. The bereavement group members listen and had a difficult recovery.

Whatever I could to help. Chuck had Whipple surgery where a large section of his stomach was given which led to several hospitalizations. Darn pandemic prevented me from being in charge.

Unfortunately, Chuck could not tolerate two aggressive chemotherapy approaches he was given which led to several hospitalizations. Darn pandemic prevented me from being in charge.

I asserted my rights as his Healthcare Proxy to tell them to stop treatment and transport him very gently so as not to cause more pain.

Combat stress in a variety of ways – through education, support, and by being present to support each other. This is a time of growth and change as we 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.

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
- Knitting & Stitch & Chat
- Mind/Body Boxing
- Tai Chi
- Yin Yoga

EDUCATIONAL PROGRAMS***

Educational programs and social events open to all.

Presentations ranging from new discoveries throughout 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.

Our programs and events are open to all ages and stages of cancer.

The information and advice provided is not a substitute for the care and guidance of your health care provider. Always consult your medical or surgical team before making any decisions or changes in prescribed medications.

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 home-like 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.

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Thank You!

not be so gentle if it weren't for my husband. Thank him for not saying "ouch."

As I tell each person I vaccinate – I would have to feel, and connections – new friends who are fun, supportive, understanding, and helpful.

Hope Connections enabled me to see a livable and tolerable future with the grief I continue to experience.

After Chuck died, I switched to a Hope Connections Bereavement Group. This group's support was invaluable to me. I was reminded that it is okay to be mad at the disease, and listened without being judgmental.

I retrained to administer IVs and injections at home to have fewer times we had to visit a doctor.

Unfortunately, Chuck could not tolerate two aggressive chemotherapy approaches he was taking. We had two travel adventures before the pandemic. My son and I went on a golfing vacation – which turned out to be our last trip together. Afterwards, I didn’t want to face my cancer alone. I joined a Hope Connections Caregivers group where I learned that I was among people in similar situations. We met once a month to share our stories, and help each other.

I had even more support when I joined the Stress Reduction/Inner Peace & Healing/Inner Peace & Healing group. This group, led by a noted oncology bubble, showed me that I wasn’t alone in feeling helpless and hopeless.

I learned several new techniques, including deep breathing, guided visualizations, and hypnosis. I now use these techniques to help me relax and manage my stress.

My life is now focused on helping others. I have repurposed my life to move forward with positive direction through service to my community as a volunteer medic in Chuck's honor. As I tell each person I vaccinate – I would have to feel, and connections – new friends who are fun, supportive, understanding, and helpful.

Hope Connections enabled me to see a livable and tolerable future with the grief I continue to experience.
**EDUCATIONAL PROGRAM DESCRIPTION**

This program is in partnership with Life with Cancer and Smith Center for Healing and the Arts. Arts will address these concerns and share techniques to rein in anxiety and master your fears. With it regularly even years after treatment has ended. Unchecked, fear of recurrence can be a majority of those diagnosed with cancer report this as a concern post-treatment; some struggle who have been diagnosed with cancer.

**MIND/BODY INSTRUCTORS**

- Patricia Horning, PT, DPT. CLT, CDNT, from ReVital/Denyse Fitz–Joefield, LCSW–C
- Thee An, LCSW–C
- Amie Morrison - Gentle Yoga
- Afie Lattimer - Inner Peace & Healing
- Eric Govan - Mind/Body Boxing
- Angela Gore-Curry – Yin Yoga
- Larry Bricker - Relaxation & Tranquility
- Stephanie Stern, LCSW-C
- Monique Presbury, LCSW-C
- Holly Fyngar, LCSW-C

**SUPPORT**

- Advanced Cancer Group
- Bereavement Group
- Bladder Cancer Group
- Blood Cancers Group
- Breast Cancer Group
- Caregivers Group
- Gastrointestinal Cancers Group
- Metastatic Breast Cancer Group
- Newly Diagnosed
- Ovarian/GYN Cancers Group
- Post Treatment Group
- Young Adults with Cancer Group
- Young Women with Breast Cancer Support Group – starting May 10

**PROGRAM DESCRIPTION**

<table>
<thead>
<tr>
<th>Orientation – Call for details</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Advanced Cancer Group</td>
<td>Weekly: 6:30–7:30 pm</td>
<td>Weekly: 12:00–1:00 pm</td>
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<tr>
<td>All Cancers Group</td>
<td>Weekly: 6:30–7:30 pm</td>
<td>Weekly: 10:00 am &amp; 11:15 am</td>
<td>Weekly: 12:00 pm</td>
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<tr>
<td>Bereavement Group</td>
<td>Weekly: 6:30–7:30 pm</td>
<td>Weekly: 10:00 am &amp; 11:15 am</td>
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<tr>
<td>Bladder Cancer Group*</td>
<td>Monthly: 3rd, 6:00–8:00 pm</td>
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<td>Blood Cancers Group*</td>
<td>Monthly: 1st, 6:30–7:30 pm</td>
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<tr>
<td>Breast Cancer Group</td>
<td>Bi-Monthly: 1st &amp; 3rd 6:30–7:30 pm</td>
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<tr>
<td>Caregivers Group</td>
<td>Weekly: 6:30–7:30 pm</td>
<td>Weekly: 12:00–1:00 pm</td>
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<td>Gastrointestinal Cancers Group*</td>
<td>Bi-Monthly: 2nd 6:30–7:30 pm</td>
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<td>Metastatic Breast Cancer Group</td>
<td>Bi-Monthly: 2nd 6:30–7:30 pm</td>
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<tr>
<td>Newly Diagnosed*</td>
<td>Bi-Monthly: 2nd &amp; 4th 6:30–7:30 pm</td>
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<tr>
<td>Ovarian/GYN Cancers Group</td>
<td>Monthly: 1st, 6:30–7:30 pm</td>
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<tr>
<td>Post Treatment Group</td>
<td>Monthly: 1st, 6:30–7:30 pm</td>
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<tr>
<td>Young Adults with Cancer Group</td>
<td>Bi-Monthly: 2nd &amp; 4th 6:30–7:30 pm</td>
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<tr>
<td>Young Women with Breast Cancer Support Group – starting May 10</td>
<td>Monthly: 2nd 12:30–1:00 pm</td>
<td></td>
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**EDUCATIONAL PROGRAM DESCRIPTIONS**

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**Death & Dying Conversations**

While most people talk about death, few of us talk about Life, many of us shy away from Death & Dying Conversations. Join guest speaker, Dr. Anna Maria Iaquinto, 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.

**Living with Colorectal Cancer and Treatment Advances**

Dr. Vinri Juneja, medical oncologist with Maryland Oncology Hematology, will share his expertise in treating blood cancers. He is committed to providing the best care for his patients and is actively involved in novel ways to improve patient care through technology and innovation. We hope you will join us for an informative evening and please bring your questions.

**Tools for Healing During and After a Cancer Diagnosis: Using EMDR as a Response to Trauma**

Eye Movement Desensitization and Reprocessing (EMDR) originally was developed as a treatment approach for post-traumatic stress disorder. An evidence-informed psychotherapy that targets emotional distress and associated physical symptoms, EMDR can help reduce the physical and emotional distress of cancer and side effects successfully. Yvette Collin, PhD, BCD, LMWSW, will focus on how EMDR works, its benefits, and how it can be useful to people who have been diagnosed with cancer.

**Relaxation & Feelings of Wellness**

Enjoy an hour of relaxation and learn strategies to help reduce stress with Hope Connections Relaxation & Tranquility Facilitator, Larry Britcker. Learn and practice techniques to experience calmness, gratitude, and mental field trips. Explore the ABCs of tranquility: Awareness, Breathing, and Compassion. Let wisdom from Yoda help you enhance resilience, health, and happiness. No previous experience with meditation required.

**Living Well Beyond Cancer**

Patricia Horning, PT, DPT, CLT, C LMT, DCD, from RevItal/Novacare Rehabilitation will discuss how cancer rehabilitation may assist in managing pain, fatigue, weakness, and neuropathy. She will discuss strategies to prepare for treatment, how to stay strong during your cancer journey, and get back to your family, job and the things you care about most.
I retired in December 2019. My husband Chuck retired before me. We had been together for 28 years and were planning to travel to enjoy our newfound freedom.

We had two travel adventures before the pandemic shut down travel. In June, Chuck developed odd jaundice symptoms that a biopsy indicated was ‘suspicous’ pancreatic cancer. Otherwise healthy, Chuck was in shock. I was stunned yet driven to do whatever I could to help. Chuck had Whipple surgery and had a difficult recovery.

Caregiving demands were beyond my imagination. The many roles I had to take on were challenging and daunting, but must be done.

I retrained to administer IVs and injections at home to have fewer times we had to visit a doctor’s office during the pandemic. Because Chuck was so fragile, I learned how to treat him very gently so as not to cause more pain.

I joined a Hope Connections Caregivers group where I learned that I was among people who really knew what I was dealing with. They offered suggestions, advice on experience, and had a difficult recovery.

Writing a daily journal kept family & friends informed and was a cathartic experience because it reminded me each day what our relationship really meant to us. It helped me cope with the emotional toll that comes with a cancer diagnosis. Our programs are available to anyone affected by cancer and help reduce stress in the lives of both patients and caregivers.

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SUPPORT GROUPS
• Caregivers
• Young Adults with Cancer
• Bladder Cancer*
• Men’s All Cancers
• Gynecologic Cancer
• Breast Cancer*• Lymphoma
• Leukemia
• Blood Cancer*• Central Nervous System Cancers
• Thoracic Oncology
• Peritoneal Cancer
• Head & Neck

BI–MONTHLY SUPPORT GROUPS:
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• Young Adults with Cancer
• Bladder Cancer*
• Men’s All Cancers
• Gynecologic Cancer
• Breast Cancer*• Lymphoma
• Leukemia
• Blood Cancer*• Central Nervous System Cancers
• Thoracic Oncology
• Peritoneal Cancer
• Head & Neck

HELP REDUCE STRESS IN THE LIVES OF BOTH PATIENTS AND CAREGIVERS

• Gentle Yoga
• Guided Mindfulness Meditation
• Inner Peace & Healing
• Katy’s Book Club
• Mind/Body Boxing
• Pink Ribbon Pilates
• Relaxation & Tranquility
• Yin Yoga

Educational programs and social events open to all.

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One Hope And Now Virtual

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Caregiving demands were beyond my imagination. The many roles I had to take on simultaneously – husband, caregiver, cook, driver, shopper, launderer, psychologist, psychiatrist, healthcare advocate, doctor’s visit note-taker, and personal medic – were challenging and daunting, but must be done.

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My Story

ROCKY LOPES

I retired in December 2019. My husband Chuck retired before me. We had been together for 28 years and were planning to travel to enjoy our newfound freedom.

We had two travel adventures before the pandemic shut down travel. In June, Chuck developed odd symptoms that a biopsy indicated was “suspicious” pancreatic cancer. Otherwise healthy, Chuck was in shock. I was stunned yet driven to do whatever I could to help. Chuck had Whipple surgery and had a difficult recovery.

Caregiving demands were beyond my imagination. The many roles I had to take on simultaneously – husband, caregiver, cook, driver, shopper, launderer, psychologist, psychiatrist, healthcare advocate, doctor’s visit note-taker, and personal medic – were challenging and daunting, but must be done.

I retrained to administer IVs and injections at home to have fewer times we had to visit a doctor’s office during the pandemic. Because Chuck was so fragile, I learned how to treat him very gently so as not to cause more pain.

I joined a Hope Connections Caregivers group where I learned that I was among people who really knew what I was dealing with. They offered suggestions, advice on experience, and listened without being judgmental.

Writing a daily journal kept family & friends informed and was a cathartic experience because it reminded me each day what our relationship really meant to us. It helped me remember to listen and be patient. I was reminded that it is okay to be mad at the disease, but not the man with it. I built reserves of strength for both of us.

Unfortunately, Chuck could not tolerate two aggressive chemotherapy approaches he was given which led to several hospitalizations. Darn pandemic prevented me from being with him until he became incoherent and unable to fend for himself. For New Year’s Eve, I asserted my rights as his Healthcare Proxy to tell them to stop treatment and transport him to Montgomery Hospice. Chuck died in early January 2021, 6 months after the first cancer symptoms.

After Chuck died, I switched to a Hope Connections Bereavement Group. This group’s support was, and still is, important to me. The bereavement group members listen thoughtfully and share experiences that confirmed my feelings were to be expected.

I learned coping strategies on suddenly being alone and how to manage “grief triggers” such as Chuck’s birthday, holidays, and the date of his death. The group gave me the strength to fulfill Chuck’s last wishes to scatter his ashes on the Caribbean Sea. I framed a thoughtfully and share experiences that confirmed my feelings were to be expected.

Hope Connections enabled me to see a livable and tolerable future with the grief I continue to feel, and connections - new friends who are fun, supportive, understanding, and helpful. I have repurposed my life to move forward with positive direction through service to my community as a volunteer medic in Chuck’s honor. As I tell each person I vaccinate - I would not be so gentle if it weren’t for my husband. Thank him for not saying “ouch.”
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ROCKY LOPES

Landover, MD 20785

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April — June 2022

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ROCKY LOPES

I retired in December 2019. My husband Chuck retired before me. We had been together for 28 years and were planning to travel to enjoy our newfound freedom.

We had two travel adventures before the pandemic shut down travel. In June, Chuck developed odd abdominal symptoms that a biopsy indicated was “suspicious” pancreatic cancer. Otherwise healthy, Chuck was in shock. I was stunned yet driven to do whatever I could to help. Chuck had Whipple surgery and had a difficult recovery.

Caringicking demands were beyond my imagination. The many roles I had to take on simultaneously—husband, caregiver, cook, driver, shopper, launderer, psychologist, physician, healthcare advocate, doctor’s note-taker, and personal medics—were challenging and daunting, but must be done.

I restrained to administer IVs and injections at home to have fewer times we had to visit a doctor’s office during the pandemic. Because Chuck was so fragile, I learned how to treat him very gently so as not to cause more pain.

I joined Hope Connections Caregivers group where I learned that I was among people who really knew what I was dealing with. They offered suggestions, advice on experience, and listened without being judgmental.

Writing a daily journal kept family & friends informed and was a cathartic experience because it reminded me each day what our relationship really meant to us. It helped me

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