



Hope  
Connections  
FOR CANCER SUPPORT

## PROGRAM CALENDAR

April – June 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](http://hopeconnectionsforcancer.org)

# OUR PROGRAMS

## 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](mailto:info@hopeconnectionsforcancer.org), or 301-634-7500

# BETHESDA - Virtual April – June 2022

All locations closed: Monday, May 30

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

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

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION – Call for details					
<b>SUPPORT</b>					
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	
Young Women with Breast Cancer Support Group – starting May 10		Monthly: 2nd 12:30-1:00 pm			
<b>MIND-BODY (M-B)**</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				
<b>EDU***</b>					
Colorectal Cancer Medical Update			4/20, 6:30-7:30pm		
Hot Topics for Young Adults: Survivorship			4/27, 6:00-7:30pm		
Blood Cancers Medical Update			5/4, 6:30-7:30pm		
Relaxation and Feelings of Wellness			5/11, 6:30-7:30pm		

\*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.

# LANDOVER - Virtual April – June 2022

All locations closed: Monday, May 30

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION – Call for details					
<b>SUPPORT</b>					
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				
Young Women with Breast Cancer Support Group – starting May 10		Monthly: 2nd 12:30-1:00 pm			
<b>M-B**</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				
<b>EDU***</b>					
Death & Dying Conversations			4/6, 6:30-7:30pm		
Tools for Healing During and After a Cancer Diagnosis: Using EMDR as a Response to Trauma			5/9, 6:30-7:30pm		
Living Well Beyond Cancer			5/18, 6:30-7:30pm		
Special Event: GI Cancers Patient Summit Saturday, 6/11, 10:00-11:30 am					

## EDUCATIONAL PROGRAM DESCRIPTIONS

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.

### 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.

### Living with Colorectal Cancer and Treatment Advances

Dr. Vinni Juneja, medical oncologist with Maryland Oncology Hematology, will share information on the latest advancements in colorectal therapies. Having survived cancer himself, he completely understands what it is like to be a patient. We hope you will join us for an informative evening and please bring your questions.

### Hot Topics for Young Adults: Reigning in Your Fear of Recurrence

Fear of cancer coming back is the most common long-term effect of surviving cancer. The majority of those diagnosed with cancer report this as a concern post-treatment; some struggle with it regularly even years after treatment has ended. Unchecked, fear of recurrence can be a constant source of distraction and worry. Julia Rowland PhD at Smith Center for Healing and the Arts will address these concerns and share techniques to rein in anxiety and master your fears. This program is in partnership with Life with Cancer and Smith Center for Healing and the Arts.

### Blood Cancers Medical Update

Dr. Kashif Firozvi, 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 Colón, PhD, BCD, LMSW, 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 literally blow away stress with Hope Connections Relaxation & Tranquility facilitator, Larry Bricker. 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, CDNT, 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.

## Special Events

### SAVE THE DATE

## 7th Annual GI Cancer Patient Summit

6.11.2022 / VIRTUAL  
10:00 – 11:30 AM EST

Disease-specific information and education for patients and families, along with tools for managing their cancer care.



The Ruesch Center  
for the Cure of Gastrointestinal Cancers

Hope Connections  
FOR CANCER SUPPORT

SAVE the DATE  
Hope Connections for Cancer Support  
**DRIVE OUT CANCER**  
Annual Golf Tournament  
SEPTEMBER 21st, 2022  
Musket Ridge Golf Club - Myersville, MD  
For more information or to RSVP please contact 301-634-7500 or info@hopeconnectionsforcancer.org

SAFeway  
COMMUNITY PARTNERS  
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Hope Connections FOR CANCER SUPPORT

## OUR STAFF

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### MIND/BODY INSTRUCTORS

Johnnette Armstrong - Pink Ribbon Pilates  
May Benatar - Guided Mindful Meditation  
Larry Bricker - Relaxation & Tranquility  
Judy Goldstein - Expressive Art  
Angela Gore-Curry - Yin Yoga  
Eric Govan - Mind/Body Boxing  
Marlene Hayman - Katy's Book Club  
Alicia 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:

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Monique Presbury, LCSW-C  
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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 new-found freedom.

We had two travel adventures before the pandemic shut down travel. In June, Chuck developed odd jaundice 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. On 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, six 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 new, healthy, forward-looking mindset.

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."

# Thank You!

## THE FOLLOWING IS A LIST OF OUR MAJOR 2021 DONORS

### \$50,000+

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Amy & Michael Aquilino	Holly C. Funger	Liza & John Marshall
Eileen & Peter Buzy	Philip L. Graham Fund	Amy Weinberg & Norbert Hornstein
Arlene David	Maureen & William Hearl	

### \$25,000+

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### \$10,000+

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### \$5,000+

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### \$2,500+

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Sheila Lee Davies Charitable Trust	MECCO, Inc.	Harriet & Louis Weiner
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Department of Surgery, Surgical Oncology

# PROGRAM CALENDAR

April – June 2022



10100 Laureate 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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info@hopeconnectionsforcancer.org  
**hopeconnectionsforcancer.org**