WITH CHILDREN
FOR TALKING
BONUS!!

can help you begin an open, honest, and age-appropriate conversation from the start.

LINDSEY WISE, LCSW-C

5 TIPS

1. Normalize their feelings. It is ok to be upset, angry, or sad. However, it is also fairly common for kids to not have a

2. Remind them they can still be happy and cheerful even when life is hard. Language matters. Avoid euphemisms such as "sick" and use the C word: Cancer. You can

3. You know your child best. Consider their temperament, personality, age, and level of

4. Have fun! Cancer is part of life but not all of it. Finding

5. Be an expert for your child. You are the expert on your children.

NORMALIZE THEIR FEELINGS

YOU ARE THE EXPERT ON YOUR CHILDREN

FOR TALKING
WITH CHILDREN FOR TALKING can help you begin an open, honest, and age-appropriate conversation from the start.

Should I tell my child about my cancer? When? What do I say? The following 5 tips

PAULA ERNST, MSW

5 TIPS

3

2

1

5

4

share extra snuggles. Some children want to take on age-appropriate chores, craft “get-well” cards, or even time to spend together that is “cancer free” can help build your relationship as a family and allow

Always remember, continue to have FUN! Cancer is a big part of life but not all of life. Finding

how it impacts them. This is not a reflection of their love or care for the person with cancer but

major reaction. It is not unusual to hear a response such as “well who is taking me to school

Ask your child what they would like to know about cancer and while you may not always have

treatment plan will be updated. By being honest at the beginning, you allow space for your child

This will be an ongoing conversation. Over time, your child will have new questions, or the

cancer, what part of the body is involved, what treatment will the doctors use, and how will

YOU ARE THE EXPERT ON YOUR CHILDREN

ARE ALWAYS PROVIDED FREE

9000—7000—8000

July — September 2022

10100 Laureate Way

Bethesda, MD 20814

301–634–7500

hopeconnectionsforcancer.org

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 would like to receive information via regular mail or e-mail. Thank you!

301-634-7500

info@hopeconnectionsforcancer.org

hopeconnectionsforcancer.org
**SUPPORT**

**EDUCATIONAL PROGRAM DESCRIPTIONS**

<table>
<thead>
<tr>
<th>PROGRAM DESCRIPTION</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mind/Body Boxing</td>
<td>Weekly: 6:30-7:30 pm</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Gentle Yoga</td>
<td>Weekly: 10:00 am &amp; 11:15 am</td>
<td>Weekly: 12:00 pm</td>
<td>Weekly: 10:00 am &amp; 11:15 am</td>
<td>Bi-Monthly: 2nd &amp; 4th 6:30-7:30 pm</td>
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<tr>
<td>Guided Mindful Meditation</td>
<td>Weekly: 10:00 am &amp; 11:15 am</td>
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<tr>
<td>Hypnosis For Symptom Reduction</td>
<td>Monthly: 1st, 6:30-7:30 pm</td>
<td>Monthly: 1st, 10:30 pm</td>
<td></td>
<td></td>
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<tr>
<td>Inner Peace &amp; Healing</td>
<td>Weekly: 10:00 am</td>
<td>Monthly: 1st, 2:00 pm</td>
<td></td>
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<tr>
<td>Knitting, Stitch &amp; Chat</td>
<td>Weekly: 12:30 pm</td>
<td>Weekly: 12:30 pm</td>
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<tr>
<td>Strength &amp; Balance</td>
<td>Monthly: 1st, 6:30-7:30 pm</td>
<td>Weekly: 10:00 am</td>
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<tr>
<td>Tai Chi</td>
<td>Weekly: 11:30 am</td>
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<tr>
<td>Yin Yoga</td>
<td>Weekly: 8:00-9:00 pm</td>
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**LANDOVER – Virtual**

**PROGRAM DESCRIPTION**

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<th>PROGRAM DESCRIPTION</th>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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<th>FRIDAY</th>
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<tbody>
<tr>
<td>All Cancers Group</td>
<td>Weekly: 6:30-7:30 pm</td>
<td>Weekly: 12:00-1:00 pm</td>
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<tr>
<td>Caregivers Group</td>
<td>Weekly: 6:30-7:30 pm</td>
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<tr>
<td>Men's All Cancers Group</td>
<td>Monthly: 1st, 6:30-7:30 pm</td>
<td>Monthly: 1st, 6:30-7:30 pm</td>
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<tr>
<td>Young Women with Breast Cancer</td>
<td>Monthly: 2nd 12:00-1:00 pm</td>
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<tr>
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<td>Weekly: 10:00 am &amp; 11:15 am</td>
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<td>Weekly: 8:00-9:00 pm</td>
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<tr>
<td>Good Nutrition for Cancer Care</td>
<td>7/20, 6:30-7:30 pm</td>
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<tr>
<td>Death &amp; Dying Conversations</td>
<td>9/14, 6:30-7:30 pm</td>
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</table>

**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.

**Young Adult Social with Life with Cancer and Smith Center**
Hope Connections, Life with Cancer and Smith Center are hosting an in-person get-together for young adults who have been diagnosed with cancer. This gathering is an opportunity to connect with your peers who truly get this experience. Come for good conversations, fun and light refreshments. This event is for people in their 20’s/30’s/early 40’s.

**Navigating the Disability Process**
Emily Brown with Patient Advocate Foundation will discuss how to access disability benefits when faced with cancer. This session will focus on Social Security disability programs and benefits. Specific topics will include understanding eligibility guidelines, navigating the application process, overcoming denials, and understanding the disability timeline.

**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 small changes that lead to healthier living.

**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.

**Talking to Kids About Cancer**
Join Lindsay Wise, LCSW-C and Paula Ernst, MSW as they explore what children understand and experience at different ages, tips for having a good conversation, resources for helping your child thrive through this time and more.

**Clinical Facilitators**
Nonie Akman, LCPC
Chesley McCoy, LCSW-C
Monique Presbury, LCSW-C
Amy Weinberg, MSW
Teresa Click, Estate Planning Attorney

**MIND/BODY INSTRUCTORS**
Sue Alcohol - Guidance & Meditation
Larry Bricker - Relaxation & Tranquility
Angela Gove-Curry - Yin Yoga
Eric Gross - Movement Focusing
Marlene Hayman - Katy's Book Club
Alia Lattimer - Inner Peace & Healing
Shy-Ching Lu - Tai Chi
Amy Morrison - Gentle Yoga
Chester McCoy - Gentle Yoga
Delores Oliver - Gentle Yoga
Dori Pikel - Hypnosis For Symptom Reduction
Kym Sevilla - Strength & Balance
Kathryn Winters - Yoga, Stretch & Chat
Cynthia Word - Movement For Health
FOR TALKING BONUS!! can help you begin an open, honest, and age-appropriate conversation from the start.

Should I tell my child about my cancer? When? What do I say? The following 5 tips

LINDSEY WISE, LCSW-C

5 TIPS

1. PROCESS YOUR DIAGNOSIS FIRST
Take time to process your own emotions and get a full understanding of your diagnosis and treatment plan before talking to your child. Start with the basics: what is the name of your cancer, what part of the body is involved, what treatment will the doctors use, and how will the family’s plans and routines be affected? This allows you to begin this difficult conversation with more clarity.

2. THIS IS A MARATHON NOT A SPRINT
This will be an ongoing conversation. Over time, your child will have new questions, or the family’s plans and routines will change and the child will ask ongoing questions and process emotions. Providing frequent family check-ins will help them to ask ongoing questions and process emotions. Providing frequent family check-ins will help

3. YOU ARE THE EXPERT ON YOUR CHILDREN
You know your child best. Consider their temperament, personality, age, and level of comprehension when talking with them. It is important to tailor these conversations to their age and developmental stage.

4. GIVE YOUR CHILD A SENSE OF CONTROL
Language matters. Avoid euphemisms such as “sick” and use the C-word. Cancer. You can help your child feel a sense of control and reduce confusion by explaining what cancer is, that they did not cause the cancer, and that they cannot catch it.

Ask your child what they would like to know about cancer and while you may not always have the answers this is an excellent opportunity to share your questions with your doctor.

Furthermore, involve your child by asking them how they want to support. For example, some children want to take on age-appropriate chores, craft “get-well” cards, or even share extra snacks.

Inform your child when you have an appointment so that they are prepared for the variation in your schedule.

5. NORMALIZE THEIR FEELINGS
It is ok to be upset, angry, or sad. However, it is also fairly common for kids to not have a major reaction. It is not unusual to have a response such as “well who is taking me to school tomorrow?” While this may seem hurtful, remember that children experience the world by how it impacts them. This is not a reflection of their love or care for the person with cancer but rather a result of their adapting to the news.

BONUS!! Always remember, continue to have FUN! Cancer is a big part of life but not all of life. Finding time to spend together that is “cancer free” can help build your relationship as a family and allow your kids to be kids. Remind your child they can still be happy and creative even when life is hard.
ABOUT CANCER WITH CHILDREN FOR TALKING

PAULA ERNST, MSW
LINDSEY WISE, LCSW-C

5 TIPS FOR TALKING WITH CHILDREN ABOUT CANCER
LINDSEY WISE, LCSW-C
PAULA ERNST, MSW

Should I tell my child about my cancer? When? What do I say? To help you answer these questions, we present tips that can help you begin an open, honest, and age-appropriate conversation from the start.

1. PROCESS YOUR DIAGNOSIS FIRST
   Take time to process your own emotions and get a full understanding of your diagnosis and treatment plan before talking to your child. Start with the basics: what is the name of your cancer? what part of the body is involved? what treatment will the doctors use? how will their routine be affected? This allows you to begin this difficult conversation with more clarity.

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TWO LOCATIONS, ONE HOPE AND SUPPORT PROGRAM CALENDAR FOR CANCER PATIENTS AND FAMILY MEMBERS

PROGRAM CALENDAR
July – September 2022

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Lon L. Wilson, MD, FACS
Howard University Hospital
Department of Surgery, Oncology

OUR PROGRAMS

PROGRAM CALENDAR
July – September 2022

Thank you! We are extremely grateful to the individuals, corporations, and foundations who support our programs through financial contributions, event attendance, sponsorship, grants, in-kind support, and volunteerism. Your generosity enables us to continue offering educational programs and social events open to all of cancer and their loved ones.

FOUNDER’s and全ての社会福祉法人・団体と国際機関の支援が得られることで、世界中の人々にわたる支援が可能となること。

FUNDRAISING FOR HOPE CONNECTIONS

All Hope Connections programs are provided free of charge to people with cancer and their loved ones. We are extremely grateful to the individuals, corporations, and foundations who support our programs through financial contributions, event attendance, sponsorship, grants, in-kind support, and volunteerism.

This September, we celebrate the 15th anniversary of our Drive Out Cancer Golf Tournament! There have been many dedicated committee members over the years, including chairs Ellen Toups, Liza Mark, and marking his 14th year as the Committee Chair this year, is the legendary Scott Ogden!

The tournament has taken off to become our second largest annual fundraising event! From phenomenal prizes and giveaways to cannon-shots and a helicopter ball drop - Drive Out Cancer offers a great day on and off the course, all while supporting Hope Connections and its free programming!

DRIVE OUT CANCER GOLF TOURNAMENT
Wednesday September 21st, 2022
Musket Ridge Golf Club
Myersville, MD

YOU WON’T WANT TO MISS THIS YEARS TOURNAMENT!
**ABOUT CANCER WITH CHILDREN FOR TALKING BONUS!!**

Should I tell my child about my cancer? When? What do I say? The following 5 tips share extra snuggles.

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5. **NORMALIZE THEIR FEELINGS**
   It is ok to be upset, angry, or sad. However, it is also fairly common for kids to not have a major reaction. It is not unusual to have a response such as “I’m fine, why are you crying?”. Ask your child what they would like to know about cancer and while you may not always have the answers this is an excellent opportunity to share your questions with your doctor.

Furthermore, involve your child by asking them how they want to support. For example, some children want to take on age-appropriate chores, craft “get-well” cards, or even share extra snacks.

Inform your child when you have an appointment so that they are prepared for the variation in their routine.

**BONUS!!**

Always remember, continue to have FUN! Cancer is a big part of life but not all of life. Finding time to spend together that is “cancer free” can help build your relationship as a family and allow your kids to be kids. Remind your child they can still be happy and cheerful even when life is hard.

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  VMT Long Term Care
- **Mary K. McCusker**
  President & CEO
  Hope Connections for Cancer Support

**Program Calendar**

July – September 2022

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The tournament has taken off to become our second largest annual fundraising event! From phenomenal prizes and giveaways to cannon-shots and a helicopter ball drop – Drive Out Cancer offers a great day on and off the course, all while supporting Hope Connections and its free programming!
Some children want to take on age-appropriate chores, craft "get-well" cards, or even help their family feel a sense of control and reduce confusion by explaining what cancer is. However, it is important to ask children if they want to support. For example, some children may want to take on age-appropriate chores or help their family manage daily routines.

Always remember, continue to have fun! Cancer is a big part of life but not all of life. Finding time to spend together that is "cancer free" can help build your relationship as a family and allow your kids to be kids. Remind your child they can still be happy even when life is hard. Always support your child's feelings, and normalize their emotions. It's okay to be upset, angry, or sad. However, it is also fairly common for kids to not have a major reaction. It is not unusual to hear a response such as "well who is taking me to school tomorrow?" While this may seem hurtful, remember that children experience the world by tomorrow?" While this may seem hurtful, remember that children experience the world by

**5 Tips for Talking with Children About Cancer**

**LINDSEY WISE, LCSW-C**

**PAULA ERNST, MSW**

Should I tell my child about my cancer? When? What do I say? The following 5 tips can help you begin an open, honest, and age-appropriate conversation from the start.

1. **Process Your Diagnosis First**
   - Take a time to process your own emotions and get a full understanding of your diagnosis and treatment plan before talking to your child. Start with the basics: what is the name of your cancer, what part of the body is involved, what treatment will the doctors use, and how will the family's plans and routine be affected? This allows you to begin this difficult conversation with more clarity.

2. **This Is a Marathon, Not a Sprint**
   - This will be an ongoing conversation. Over time, your child will have new questions, or the treatment plan will be updated. By being honest at the beginning, you allow space for your child to ask ongoing questions and process emotions. Providing frequent family check-ins will help you monitor how your child is coping. Be mindful of information outside of the home they are exposed to and reduce the high level of stress that comes with a cancer diagnosis. Our facilities provide compassionate care to patients and caregivers, educational workshops that provide learning opportunities, and strategies to help manage the emotional and physical toll that comes with a cancer diagnosis. Our services support both patients and the loved ones. We are extremely grateful to the individuals, corporations, and foundations who support our programs through financial contributions, event attendance, sponsorships, grants, in-kind support, and volunteerism.

3. **You Are the Expert on Your Children**
   - You know your child best. Consider their temperament, personality, age, and level of comprehension when talking with them. It's important to tailor these conversations to their age and developmental stage.

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   - Language matters. Avoid euphemisms such as "sick" and use the C word: Cancer. You can help your child feel a sense of control and reduce confusion by explaining what cancer is, that they did not cause the cancer, and that they cannot catch it.

   **Ask your child what they would like to know about cancer and while you may not always have the answers this is an excellent opportunity to share your questions with your doctor.**

   Furthermore, involve your child by asking them how they want to support. For example, some children may want to take on age-appropriate chores, craft "get-well" cards, or even help their family feel a sense of control and reduce confusion by explaining what cancer is.

5. **Normalize Their Feelings**
   - It is okay to be upset, angry, or sad. However, it is also fairly common for kids to not have a major reaction. It is not unusual to hear a response such as "well who is taking me to school tomorrow?" While this may seem hurtful, remember that children experience the world by tomorrow?" While this may seem hurtful, remember that children experience the world by