



Hope
Connections
FOR CANCER SUPPORT

PROGRAM CALENDAR

July – September 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

8201 Corporate Drive, Suite 605
Landover, MD 20785
301-634-7500



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

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
- Young Women with Breast Cancer

*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

BETHESDA - Virtual July – September 2022

All locations closed: Monday, July 4 & Monday, September 5 *Caregivers and cancer patients can attend. Classes are offered on a weekly, bi-weekly, or monthly schedule.

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			
	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				

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.***	Young Adult Social with Life with Cancer and Smith Center Saturday, 7/16, 2:00-4:00 pm RSVP needed by Thursday, July 14					
	Navigating the Disability Process	7/18, 6:30-7:30pm				
	Talking to Kids About Cancer	9/26, 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 July – September 2022

All locations closed: Monday, July 4 & Monday, September 5

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				
	Young Women with Breast Cancer		Monthly: 2nd 12:00-1:00 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.***	Good Nutrition for Cancer Care			7/20, 6:30-7:30pm		
	Death & Dying Conversations			9/14, 6:30-7:30pm		

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 simple 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 Lindsey 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.

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

Special Events

Save The Date!

Hope Connections Annual Health Fair
At Tanger Outlets-National Harbor

Saturday, October 8
10:00 am - 3:00 pm



Join us and our community health care partners as we support Breast Cancer Awareness Month


info@hopeconnectionsforcancer.org

Our mission is to help people with cancer and their loved ones deal with the emotional and physical impact of cancer through professionally facilitated programs of emotional support, education, wellness and hope - all provided free of charge.




Facebook Birthday Fundraisers

Dedicate your special occasion to Hope Connections on Facebook - Ask Us How!

OUR STAFF

Teresa Click Office Manager & Volunteer Coordinator teresa@hopeconnectionsforcancer.org	MIND/BODY INSTRUCTORS	
Patricia Jackson Outreach & Development Manager patricia@hopeconnectionsforcancer.org	Johnnette Armstrong - Pink Ribbon Pilates	
Lucy Liu Grants & Development Coordinator lucy@hopeconnectionsforcancer.org	May Benatar - Guided Mindful Meditation	
Mary K. McCusker President and CEO mary@hopeconnectionsforcancer.org	Larry Bricker - Relaxation & Tranquility	
Stephanie Stern, LCSW-C Program Director stephanie@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

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 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 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 to monitor how your child is coping. Be mindful of information outside of the home they are receiving about cancer by asking questions such as "what have you heard" at check-ins.

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 their 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 snuggles.

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

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 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 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 cheerful even when life is hard.

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 Touns, Liza Marshall, 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!



2022

DRIVE OUT CANCER GOLF TOURNAMENT

Wednesday
September 21st, 2022
Musket Ridge Golf Club
Myersville, MD

YOU WON'T WANT TO MISS THIS YEARS TOURNAMENT!

Register today at: <https://bit.ly/DriveOutCancer22>

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PROGRAM CALENDAR

July – September 2022



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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