



Hope Connections

FOR CANCER SUPPORT



PROGRAM CALENDAR

October – December 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's Breast Cancer Group

*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 October – December 2022

Closed: November 24 – November 25 & December 26-December 30

*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: 2nd 6:30-7:30 pm | | | | |
| Young Adults with Cancer Group | | | | Bi-Monthly: 2nd & 4th 6:30-7:30 pm | |
| Young Women's Breast Cancer Group | | Monthly: 2nd 12:00-1:00 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 Rehabilitation | | | 10/12, 6:30-7:30pm | | |
| Fear of Recurrence | | | 10/19, 6:00-7:30pm | | |
| Sexual Health | 11/7, 5:00-6:30pm | | | | |
| Inner Peace & Healing | | | 11/16, 6:30-7:30pm | | |
| Death and Dying Conversations | 12/5, 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 October – December 2022

Closed: November 24 – November 25 & December 26-December 30

| 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: 2nd, 6:30-7:30 pm | | | | |
| Young Women's Breast Cancer Group | | 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.*** | | | | | |
| Prostate Cancer | | 10/17, 6:30-7:30pm | | | |
| Neuropathy | | | 11/2, 6:30-7:30pm | | |
| Hot Topics for Young Adults: Being Well Informed: Everything you need to know about Fertility Preservation | | 11/14, 6:30-7:30pm | | | |
| Relaxation & Tranquility | | | 12/7, 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.

Breast Cancer Rehabilitation Treatment for breast cancer can result in many short- and long-term side effects. You or a loved one may experience decreased energy levels, loss of strength and agility, or joint and muscle pain during or after treatment. Rehabilitation can help to restore your body. A Breast Cancer Rehabilitation team is comprised of expert physicians and physical and occupational therapists, who are passionate about your recovery. Dr. Eileen Slavin, an oncology Rehabilitation fellow at MedStar/Georgetown, will be sharing more on this important topic.

Prostate Cancer Dr. Krishnan Patel from the National Cancer Institute's (NCI) Radiation Oncology department will join us for a discussion about prostate cancer. Dr. Patel is a specialist whose practice and research focuses on technical advances in radiation therapy and men's quality of life after treatment for prostate cancer. Dr. Patel plans to present a brief talk on some basics regarding quality-of-life comparisons between surgery and radiation therapy, recent advances in radiation therapy and imaging including PSMA PET/CTs, as well as a brief discussion of treatment options for recurrence, including clinical trials. Questions are encouraged and can be pre-submitted or asked during the talk.

Fear of Recurrence Hearing the words, 'there is no evidence of disease,' may not be fully reassuring when cancer treatment ends. Worrying that you may still have cancer (or develop it again!) can be overwhelming. Fear of cancer recurrence is the most common long-term effect of living with a history of cancer. If this is true for you, you are not alone. Julia Rowland, PhD. from Smith Center for Healing and the Arts will discuss the triggers of fear, and simple tools you can use to tame your own worries and reclaim your plans for the future. We are proud to be co-sponsoring this event with Smith Center.

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.

Sexual Health Your urinary and sexual health are topics that aren't often talked about but can have a huge impact on your health and quality of life. Difficulties with sexual function, painful intercourse, urinary incontinence, and urinary tract infections are quite common and do not need to be endured in silence. Dr. Rachel Rubin, a board-certified urologist and sexual medicine specialist with fellowship training in sexual medicine and Dr. Lauren Trosch, pelvic health physical therapist and orthopedic clinical specialist, will discuss common challenges and ways to find help. This talk is open for people of all genders who experience urinary or sexual health concerns. We are proud to be co-sponsoring this event with Smith Center.

Hot Topics for Young Adults: Being Well Informed: Everything you need to know about Fertility Preservation Fertility Preservation is a complicated, dynamic and challenging topic. This presentation will briefly cover what are the Standards of Care for male and female fertility preservation and the process to pursue. However, science and technology is constantly changing, so are our perspectives, circumstances, and we need to keep up with the changing landscape of fertility preservation. Megan Solinger, OPN-CG, with Ulman Foundation will help us understand what fertility preservation is at a basic level, newer options, and the importance of keeping the conversation going with your medical team to address your desires for family planning and building. We are proud to be co-sponsoring this event with Life with Cancer, Smith Center, and Ulman Foundation.

Inner Peace & Healing While living with cancer, inner resources are often depleted. Join Hope Connections Energy Healer, Afie Lattimer, as she provides information, insights, and exercises to increase a sense of inner peace and personal empowerment.

Death and Dying Conversations Dr. David Schrier, Chief Medical Officer with Montgomery Hospice, will be joining us to discuss what hospice is and how to approach difficult conversations with loved ones.

Relaxation & Tranquility 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.

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

Special Events

2022 Tanger Pink Savings Pass



Shop, Support & Save with Hope Connections for Breast Cancer Awareness Month this October at Tanger Outlets-National Harbor!



PURCHASE A \$10 PINK PASS TO SUPPORT HOPE CONNECTIONS!

THE PASS GIVES TANGERCLUB MEMBERS 25% OFF QUALIFIED PURCHASES AT TANGER OUTLETS AND NON-MEMBERS 15% OFF

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.

Giving Tuesday is November 29!

You can help us kick off the season of holiday giving! All donations received will go to support Hope Connections free programs for people with cancer and their loved ones.



Help us spread the word about the great work we do at Hope Connections. Please give and encourage your friends and family to donate.

For more details, contact us at: info@hopeconnectionsforcancer.org



COMMUNITY PARTNERS

SAFeway FOUNDATION

The end of cancer starts with US



OUR STAFF

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MIND/BODY INSTRUCTORS

Johnette 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
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, LPC
Denyse Fitz-Joefeld, LCSW-C
Chester McCoy, LCSW-C
Monique Presbury, LCSW-C
Stephanie Stern, LCSW-C
Tom Sumser, LCSW-C

MY STORY

BY JEANNE JONES



I spent a large portion of my childhood lying on my bed, playing out various dire medical situations. I was a dramatic kid and I'd seen enough episodes of "Medical Center" to feel prepared for my big scene, when it came.

When it came, though, it caught me a little off-guard. It started as not a serious consultation with a doctor but with a little trickle of a problem.

The trickle grew and within days I was getting the drama of the darkened room, the light from the x-rays, and the words, "It's a tumor."

The drama ramped up considerably after that. Lung cancer, stage IV, metastasis to the brain - it was both exactly as I had imagined (rushing through hospital corridors, hushed voices in conference, crying) and nothing close to what I had imagined (a wax mold over my face which was screwed into a metal table to prevent movement, and the brilliant blue smoking light of the radiation for ten fraught days).

But here is the part I could never have imagined as a nine-year-old. When the cancer came, it brought more than drama. It also brought blood tests, and expenses, and pills that work, and insurance forms, and pills that don't work, and side effects, and injections, and waiting, and bathroom issues, and canceled plans, and losing hair, and taking leave from work, and well-intentioned people trying to understand but failing, and endless phone trees, and throwing up, and people asking across crowded rooms "how you are feeling?" and losing weight, and gaining weight, and lots of other things I could never picture from my fourth grade bedroom.

And when it came, it also brought loneliness. A profound sense of being alone and disconnected from regular life. Knowing that I was on the outside track now, joining when I could, but mostly not anymore. Everyone was trying to help me, or at least bring cookies, but no one could understand what I was going through. I could see them, but they couldn't reach me.

And then, I got lucky. Because in the mix of side effects and medicine and learning how to wear a scarf, a friend suggested I attend some support groups. Her list was long, but on it was Hope Connections, an aptly named place that sounded like the two things I was looking for.

I found them both. The Hope came within a few hours of filling out the initial form. The program director called me and soon we were talking about groups and programs that would be good for me. Together, we came up with a plan of care and support. It was amazing to feel cared about and taken care of by someone I had just met.

The Connections came later that week as I attended my first support group. In the group, I have found a place to share my struggles without judgment, and friends who offered advice, support, and encouragement.

It's hard to explain the relief of being able to talk about an issue related to cancer without fear of judgment, to receive encouragement for even the smallest event in your life without having to explain its importance, to look forward to seeing those nodding heads of understanding and support.

The mind-body classes teach me how to treat myself better, the educational programs teach me how to live better, and the support groups teach me how to love both myself and others better. All of this comes from one free, wonderful program called Hope Connections. I didn't know back then I could imagine such good things for myself.

Tax Strategies for



Charitable Giving

New Rules on Standard Deductions for 2022. Deciding whether to itemize your tax deductions this year and beyond. Deciding how to give to charity with different options.

How do you decide the best way to give to charity? This year the standard deduction for a single filer is \$12,950. Married Couples filing jointly can claim \$25,900 as a standard deduction. Your first question then is whether you will save more money by itemizing your deductions (Including money given to charity) or by simply taking the standard deduction.

Since charitable deductions don't add to the standard tax deduction, can you get a tax benefit by giving to charity?

The Bunching Strategy: How close are you to saving money if you were to itemize your deductions over taking the standard deduction? If you are close to the line, you may benefit from giving 2 years worth of donations in 2022 and then taking the standard deduction in 2023. In addition to achieving a large charitable impact in 2022, this strategy can produce a larger two-year deduction than you would achieve by taking the standard deduction in each year.

If you itemize deductions on your taxes. Individuals can elect to deduct donations up to 60% for cash or check donations of their 2022 adjusted gross income (AGI). Deductions of stocks or securities retain the 30% deduction limit, but still allow you to avoid paying capital gains tax. Capital gains are taxed at 15 to 20% of your AGI.

Do you have an IRA? If you are 72 or older and have an IRA, you are obligated to take a Required Minimum Distribution (RMD) out each year, whether you need or want it. Unfortunately, your retirement plan is probably the most highly taxed asset that you own and the money that you must take out of the IRA immediately adds to your taxable income. Rolling over all or part of that RMD as a contribution to Hope Connections has four main benefits:

- The amount you give (up to \$100,000 total qualified charitable giving) doesn't add to your gross income and can be given completely tax-free no matter what your income is, your itemized deduction or standard deduction.
- The qualified charitable deduction goes towards satisfying your required minimum deduction and thus lowers your taxable income.
- This may have the additional advantage of keeping more of your social security benefit tax-free. The amount of social security that is taxable is pegged to your adjusted gross income and by eliminating the income from the IRA as part of taxable income, you lower that number.
- Finally, a Qualified Charitable Deduction paid directly from the IRA does not impact your standardized or itemized deduction. This preserves a tax benefit for charitable giving that is lost to those who opt for the standard deduction.

Questions: Please call Amy Weinberg, Hope Connections Director of Development, about any of the above at (301) 648-8163, and then please talk to your accountant or financial advisor.

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Department of Surgery, Surgical Oncology

PROGRAM CALENDAR

October – December 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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