



Hope  
Connections  
FOR CANCER SUPPORT

## PROGRAM CALENDAR

January –  
March  
2023



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](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
- 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 January – March 2023

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: 4th 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	

MIND-BODY (M-B)**	Mind/Body Boxing	Weekly: 6:30-7:30 pm			
	Gentle Yoga	Weekly: 10:00 am & 11:15 am		Weekly: 10:00 am & 11:15 am	
	Guided Mindful Meditation				Bi-Monthly: 2nd & 4th 11:30 am
	Hypnosis For Symptom Reduction			Bi-Monthly: 1st & 3rd 10:30 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	
	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.***	Hypnosis for Symptom Reduction			1/18, 6:30-7:30pm	
	SPECIAL: Souper Bowl Potluck				1/27, 6:00-8:00pm
	San Antonio Breast Cancer Symposium Update	1/30, 6:30-7:30pm			
	Estate Planning with Gary Altman			2/8, 6:30-7:30pm	
	Hot Topics: Cancer Gave Me Menopause			2/15, 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 January – March 2023

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			

M-B**	Gentle Yoga	Weekly: 10:00 am & 11:15 am		Weekly: 10:00 am & 11:15 am	
	Hypnosis For Symptom Reduction			Bi-Monthly: 1st & 3rd 10:30 am	
	Mind/Body Boxing	Weekly: 6:30-7:30 pm			
	Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	
	Yin Yoga	Weekly: 8:00-9:00 pm			

EDU.***	Death and Dying Conversations			2/22, 6:30-7:30pm	
	Understanding Clinical Trials with Bill Hearl			3/8, 6:30-7:30pm	
	Nutrition: Understanding Gut Health During Cancer Treatment & Beyond			3/22, 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.

Hypnosis for Symptom Reduction

Hypnosis has been shown to decrease pain, anxiety and stress as well as other symptoms related to cancer treatment. Certified hypnotherapist Don Pelles will teach self-hypnosis techniques that will assist in the management of these symptoms. We hope you will join us for this wellness class.

San Antonio Breast Cancer Symposium Update

Dr. Jeni Sheng, Assistant Professor in the Department of Oncology at the Johns Hopkins University School of Medicine will provide an overview of the latest findings in treatment, and research, from the San Antonio Breast Cancer Symposium.

Estate Planning with Gary Altman

Seasoned estate planning attorney and Hope Connections board member, Gary D. Altman, will lead an informative discussion on estate planning, trusts, charitable giving, and much more! Topics Include - What is a trust? Is it right for you or your heirs? How and when to work with an estate planning attorney? How is the most efficient way to do charitable giving? Should I use a CRT or a donor advised fund? When is it appropriate to review your estate plan? How often do laws change?

Young Adult Hot Topics: Cancer Gave Me Menopause

The young adult Journey with Menopause. This will be a panel discussion with three young adults and a nurse navigator; topics include: menopause symptoms and emotions, working with your gynecologist and sharing resources. This will be an interactive discussion. Please bring your thoughts, feelings, and questions.

Closed: Monday, January 2, Monday, January 16 and Monday, February 20

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

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

# Special Events

## Join Team Hope

as we take on the...

**DOTOMAC**  
ODYSSEY RELAY

23.6 Miles, starting in Brunswick, Maryland and ending at the Wharf in DC.

Team Hope will be there! Will You?

### APRIL 22, 2023

Run in teams of six, three or join a team individually. Pull together a group of your favorite running buddies and become a benign despot!

For more information on POR, or how to register, please visit [www.americanodysseyrelay.com](http://www.americanodysseyrelay.com)  
[www.HopeConnectionsForCancer.org](http://www.HopeConnectionsForCancer.org)  
or go to: [bit.ly/HCCSPOR23](http://bit.ly/HCCSPOR23)

Friday, January 27

6 pm to 8 pm

## The Souper Bowl is Back

Join us for our annual winter soup competition. If you think you have the best soup or chili recipe, please bring a pot to share and don't forget to bring the recipe so people can recreate your masterpiece at home!

If you do not have a soup/chili recipe, please feel free to bring bread or other food and drink to share.

OUR STAFF

**Teresa Click**  
Office Manager & Volunteer Coordinator  
teresa@hopeconnectionsforcancer.org

**Brian Hauch**  
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**Stephanie Stern, LCSW-C**  
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**Amy Weinberg**  
Development Director  
amy@hopeconnectionsforcancer.org

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  
Amy Morrison - Gentle Yoga  
Carole Moskowitz - Pink Ribbon Pilates  
Don Pelles - Hypnosis For Symptom Reduction  
Kym Sevilla - Strength & Balance  
Charles Votaw - Tai Chi  
Kathryn Winsberg - Knitting, Stitch & Chat

CLINICAL FACILITATORS:

Nonie Akman, LCPC  
Natasha Dotrang, LCSW-C  
Denyse Fitz-Josefield, LCSW-C  
Chester McCoy, LCSW-C  
Monique Presbury, LCSW-C  
Stephanie Stern, LCSW-C  
Tom Sumser, LCSW-C

# ADDRESSING MENTAL HEALTH WITH PSYCHEDELIC-ASSISTED THERAPY

BY MANISH AGRAWAL, MD

Oncologist and CEO of Sunstone Therapies



Often, the mental health of people living with cancer goes overlooked or undertreated, especially in the cancer care setting. Yet, it's people with cancer who are at an increased risk of developing a mental illness—1 in 5 patients living with cancer will experience post traumatic stress disorder (PTSD) six months after their initial diagnosis and up to 25% of patients with cancer live with anxiety or depression.

As an oncologist with more than 20 years of experience treating patients, I am confident in my ability to treat cancerous tumors. Until recently, however, I did not feel equipped to address the emotional distress my patients dealt with following a cancer diagnosis, which sometimes caused them more pain than the physical effects of cancer. Although there are some tools available to treat certain mental health conditions, people living with treatment-resistant mental illness have very few evidence-based, effective treatment options.

I got to a point in my career where I could not keep letting my patients walk out the door untreated by the physiological and psychological manifestations of cancer. This led me to research innovative mental health treatment options, which is how I discovered the potential benefits of psychedelic medicine. Although psychedelics are still considered controversial by some, growing literature demonstrates it may be a powerful tool for addressing mental illness, and for several years the FDA has allowed clinical trials to test the safety and feasibility of psychedelics, like MDMA and psilocybin, the active ingredient in "magic mushrooms."

In 2021, we conducted the first FDA-approved clinical trial using psilocybin to treat depression for patients diagnosed with cancer. The initial findings are promising. After a single dose of psilocybin and several talk therapy sessions, one-half of the trial participants no longer had clinical depression after 8 weeks. Nearly 80% of patients had their depression scores drop by at least 50%. And anecdotally, many patients were better able to discuss death and loss openly with their loved ones, and many members continue to meet regularly.

It's important to note that psychedelic medicines are unlike any other medication and require a trained therapist to guide patients before, during and after the period of drug action. Preparatory sessions and integration sessions with a trained therapist allow patients to unpack emotions associated with memories and visions that may emerge during a session. While psychedelic-assisted therapy is proving to be a valuable treatment option for people with treatment-resistant mental illness, the quality and delivery of this therapy is as important as the psychedelic itself.

Psychedelics are meant to shift the lens on your thinking, and that causes growth and an opportunity to sit with your feelings. If you have cancer or are impacted by a loved one living with cancer and are interested in the potential benefits of psychedelic-assisted therapy, I recommend reading more about the process and looking for clinical trials at [clinicaltrials.gov](https://clinicaltrials.gov).

I left oncology to redefine healing for mental illness. Every person touched by cancer should have access to the right tools to help them address cancer.

Hope Connections is an organization I highly recommend. They provide free professionally led programs that offer emotional and physical support, education, and a strong sense of community. These services are integral and certainly as if not more important for addressing mental health needs. The work we are doing cannot occur in isolation, in order for it to have the maximum impact, it needs to interdigitate with the services at Hope Connections, both need to work together to make the biggest difference.



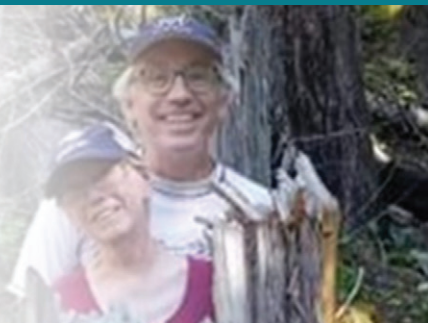
# FUNDRAISING FOR HOPE CONNECTIONS

Sponsoring your own fundraiser is a great way to give back to Hope Connections!

## BIRTHDAYS AND SPECIAL EVENTS

### Leslie & Larry

*"What better gift than a "payback" for health and wellness. And helps to spread the word to others about all the wonderful free programs offered free by Hope Connections!"*



## ORGANIZATIONS AND CORPORATIONS



**Our friends at Charity Barrel** threw not one, but two fundraisers this year-Bourbon Night and limited edition bourbon sales. They raised over \$35,000 for Hope Connections!

## COMMUNITY EVENTS

For the fourth year in a row, Tanger Outlets at National Harbor selected Hope Connections to be one of their beneficiaries from the sale of their 25% Pink Savings Passes, in honor of Breast Cancer Awareness Month.

We also held our annual Community Health Fair at the Outlet and many of the area's healthcare services and ministries came out to help get the word out about Hope Connections and all the free programming we offer.

Very special thanks to all our sponsors; CareFirst BlueCross BlueShield, Giant Food, Prince George's County Executive - Angela D. Alsobrooks, Prince George's County District Eight Council Member - Edward Burroughs, MedStar Health, Maryland Department of Health - Minority Outreach and Technical Assistance (MOTA), The Portman Family, The Sears Family, Touch4Life, and all the participating vendors.



**Feeling inspired to create your own fundraiser for Hope Connections?**  
**Contact us to get started today! [info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org)**

# BOARD OF DIRECTORS

**Joseph Clarke, Chairman**  
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**Gary Altman, Vice Chairman**  
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Hope Connections for Cancer Support

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Community Volunteer

**Cathy Kwart**  
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**Lisa Metro**  
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Bridgepointe Technologies

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President & CEO  
Hope Connections for Cancer Support

# MEDICAL ADVISORY BOARD

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Sunstone Therapies

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Cancer Center at Gaithersburg

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Breast Care Center /  
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**Lori Wilson, MD, FACS**  
Howard University Hospital  
Department of Surgery, Surgical Oncology

# PROGRAM CALENDAR

January – March 2023



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!*

301-634-7500

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