



Hope
Connections
FOR CANCER SUPPORT

PROGRAM CALENDAR

April – June 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

OUR PROGRAMS

SUPPORT GROUPS

WEEKLY SUPPORT GROUPS:

- Advanced Cancer
- All Cancers
- Bereavement
- Caregivers
- Coping Conversations*

BI-MONTHLY SUPPORT GROUPS:

- Breast Cancer
- Metastatic Breast Cancer
- Young Adults with Cancer

MONTHLY SUPPORT GROUPS:

- Bladder Cancer*
- Blood Cancers*
- Gastrointestinal Cancers*
- Men's All Cancers
- Ovarian/GYN 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.

- Expressive Art
- Gentle Yoga
- Guided Mindfulness Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- Knitting, Stitch & Chat
- Mind/Body Boxing
- Pink Ribbon Pilates
- Reiki & Chakra Balancing
- 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 April – June 2023

Closed: Monday, May 29

*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: 4th 6:30-7:30 pm	
	Coping Conversations* – Call for details					
	Ovarian/GYN Cancers Group	Monthly: 2nd, 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)**	Expressive Art			Bi-Monthly: 2nd & 4th 1:30 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
	Mind/Body Boxing	Weekly: 6:30-7:30 pm	Weekly: 10:00 am			
	Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	Weekly: 12:30 pm	
	Reiki & Chakra Balancing			Bi-Monthly: 1st & 3rd 1:30 pm		
	Relaxation & Tranquility					Bi-Monthly: 1st & 3rd 11:30 am
	Strength & Balance					Weekly: 10:00 am
	Tai Chi		Weekly: 10:00 am			
	Yin Yoga	Weekly: 8:00-9:00 pm				

EDU.***	Beautiful You, In-Person			4/19, 11:00 am-3:00 pm		
	Hot Topics for Young Adults: ADA Accommodations and Adjusting to Work/School Post-Diagnosis			4/19, 6:00-7:00 pm		
	Death & Dying Conversations			4/26, 6:30-7:30pm		
	Special Event: Mind-Body Retreat, In-Person Saturday, 5/20, 9:30 am-1:30 pm					

*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 2023

Closed: Monday, May 29

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	Weekly: 10:00 am			
	Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	Weekly: 12:30 pm	
	Yin Yoga	Weekly: 8:00-9:00 pm				
EDU.***	Effective Communication with Your Healthcare Team: What You Need to Know	4/17, 6:30-7:30 pm				
	Talking with Kids About Cancer: An Educational Program for Adults			5/3, 6:30-7:30 pm		
	Utilizing All the Tools in the Toolbox: The Benefits of Naturopathic Medicine in Cancer Care			6/14, 6:30-7:30 pm		

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.

Effective Communication with Your Healthcare Team: What You Need to Know
Brennan Streck, Oncology Nurse and Cancer Prevention Fellow at the National Cancer Institute will help us to better understand the roles and responsibilities of your cancer care team. She will cover how to approach difficult conversations, self-advocacy, and health literacy issues. Brennan looks forward to answering your questions! We are delighted to be co-hosting this program with Smith Center for Healing and the Arts.

Beautiful You In-Person Event for Women Experiencing or Anticipating Hair Loss Due to Cancer Treatment. Free wigs in many styles and colors, complimentary styling, consultation on eyebrow and lash make-up, and free mini manicure.

Hot Topics for Young Adults: ADA Accommodations and Adjusting to Work/School Post-Diagnosis
With cancer treatment often comes side effects. These physical, cognitive, and emotional changes can present challenges at work and in school. Monica Bryant, Esq. with Triage Cancer will discuss the practical and legal tools that exist to minimize challenges and cope with side effects.

Death & 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. This will be an open discussion.

Talking With Kids About Cancer: An Educational Program for Adults Parents and Caregivers are welcome to join author Montserrat Coughlin Kim as she discusses her award-winning book, My Dad and the Dragon. This children's picture book honestly describes what it is like when a parent is diagnosed with cancer. The main character openly shows young readers family life, fears, and joy. This talk is targeted for adults who have a child under the age of 13. We will discuss talking about cancer with kids, handling complex topics, and more.

Mind/Body Retreat Treat yourself to a half day of relaxation and rejuvenation... a bit of interior spring cleaning. Choose from a menu of mind/body programs from yoga to meditation and more. Lunch will be provided.

Utilizing All the Tools in the Toolbox: The Benefits of Naturopathic Medicine in Cancer Care
Dr. Aminah Keats ND, FABNO, Board Certified in Naturopathic Oncology, will provide information and several different strategies that can be implemented utilizing nutrition, herbal medicine, supplementation, and lifestyle factors with the goal of making the internal environment as inhospitable to cancer cells as possible.

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

Special Events

SATURDAY, MAY 6, 2023 • 5:00 PM

A day at the derby

The 17th Annual Celebration of Hope Gala will be on the grounds of our new home! Don your favorite hat, watch the derby with us, then enjoy dinner and a short program followed by dancing to a live band! We'll toast the ongoing work of providing free emotional support programs, education, wellness, and Hope for people with cancer and their loved ones.

Please join us for this evening of great fun and everything Derby – hats, southern food favorites, mint juleps, and more. Don't miss it! Mark your calendars! More details to follow.

Hope Connections FOR CANCER SUPPORT
10100 LAUREATE WAY
BETHESDA, MD 20814

PRESENTING SPONSOR
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JOIN US FOR OUR 7TH ANNUAL Mind/Body Retreat

SATURDAY, MAY 20TH 9:30 AM - 1:30 PM
10100 LAUREATE WAY, BETHESDA, MD 20814

FOR MORE DETAILS, CONTACT
INFO@HOPECONNECTIONSFORCANCER.ORG



Hope Connections FOR CANCER SUPPORT

2023

DRIVE OUT CANCER GOLF TOURNAMENT

Monday
September 18th, 2023
Bethesda Country Club
Bethesda, MD

10:15 am registration
11:00 am shotgun start
Dinner to follow

For more details, contact us at:
(301) 634-7500
info@hopeconnectionsforcancer.org

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Bethesda, MD 20814
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www.hopeconnectionsforcancer.org

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MIND/BODY INSTRUCTORS

Johnnette Armstrong - Pink Ribbon Pilates
May Benatar - Guided Mindful Meditation
Marsha Bisker - Reiki & Chakra Balancing
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:

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Tom Sumser, LCSW-C

MY STORY

BY DJOHARIAH SINGER

Three and half years ago, when I turned 50, my PCP noted at my wellness visit that I was the **healthiest** 50yr old she'd ever seen. She ordered my obligatory colonoscopy, a rite of passage for those of us turning a half century old. Looks can be deceiving though. It was, unfortunately, only 2.5 weeks after my procedure that I was diagnosed with stage 4b ovarian and primary peritoneal cancer. It was the exponential bloating after the procedure and a pea-sized bump in my groin that began the spiral down the rabbit hole from which I'd never return.



I'd been teaching art in an elementary school with 400+ students, played soccer in an over 40 women's league, rode my motorcycle with my boyfriend, and enjoyed hiking and traveling worldwide with my 11-year-old spirited daughter. I believed that 50 "was the new 30" and I lived it.

Being diagnosed during the global Covid crisis, made my journey more challenging. After surgery, I underwent 6 months of intense chemo. I was isolated from the world and barely hanging on to life. Covid made communing in-person with friends and family even more difficult, as I struggled with an ongoing compromised immune system. Cancer is so isolating, as people have a difficult time relating to our experience, and some simply drift out of our lives as they experience "cancer fatigue" in dealing with our marathon of managing our "new normal".

It wasn't until a year into my cancer journey that I found Hope Connections, a new family of people that "get me". Hope Connections virtual programming literally saved my mental and emotional life. While doctors and toxic drugs kept my heart beating, Hope Connections kept it from breaking.

I first signed up for the Gynecological Cancers group, and then joined the Advanced Cancer's group. Members in each group intimately understand my experience, share personal stories, anecdotes for debilitating side effects, and information about their respective treatments and medical trials. Every week I feel lifted up and better prepared for the next steps in my own pilgrimage to better health.

I explored exercise virtual programming that Hope Connections offers from the comfort of my own home without the inconvenience of having to travel anywhere. The educational programs Hope Connections offers in the evenings on nutrition, pain management, hospice care, end of life planning, etc. gives me a wealth of information for my next steps.

Though my partner has not yet taken part, Hope Connections offers caregiver support groups in which partners can get support for *their own journey* with our cancer and find their own community who "get them" as well. So glad this resource is here for him when he is ready.

Despite getting to remission last summer for 2 months, my cancer came back strong and I'm now in my 4th year of ongoing treatment. Hope Connections is my new extended family, my lifeline, as it significantly improves the quality of my life. Mental optimism and emotional well-being are critical to my ongoing daily survival with cancer. Grateful for Hope Connections giving me a constant dose of both.

Thank You!

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PROGRAM CALENDAR

April – June 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!

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