



Hope
Connections
FOR CANCER SUPPORT

PROGRAM CALENDAR

July – September 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

BI-MONTHLY SUPPORT GROUPS:

- Breast Cancer
- Coping Conversations*
- Metastatic Breast Cancer
- Young Adults with Cancer

MONTHLY SUPPORT GROUPS:

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

*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 Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- Knitting, Stitch & Chat
- Mind/Body Boxing
- Mindfulness for Well-Being
- Pink Ribbon Pilates
- Reiki & Chakra Balancing
- Relaxation & Tranquility
- Strength & Balance
- Stretch!
- 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 2023

Closed: Monday, July 3 • Tuesday, July 4 • Monday, September 4

*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* | | Bi-Monthly: 2nd & 4th 1:00–2:00 pm | | | |
| | Ovarian/GYN Cancers Group | Monthly: 2nd, 12:30–1:30 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 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 | | | | |
| | Mindfulness for Well-Being | | Monthly: 1st, 1:30 pm | | | |
| | 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 (No Classes July & August) | | | | | Weekly: 10:00 am |
| | Stretch! | | | | Bi-Monthly: 2nd & 4th 10:30 am | |
| | Tai Chi | | Weekly: 10:00 am | | | |
| | Yin Yoga | Weekly: 8:00–9:00 pm | | | | |

| | | | | | | |
|--------------|---|--|--------------------|-------------------|--|--|
| EDUCATION*** | Special: GI Cancers Patient Summit, Hybrid Saturday, July 15, 10:00 am–1:00 pm | | | | | |
| | Special: Young Adult Social at Smith Center (DC) Saturday, July 22, 2:00 pm–5:00 pm | | | | | |
| | Touch, Caring & Cancer: Massage for People Diagnosed with Cancer and Their Caregivers | | | 7/19, 6:30–8:00pm | | |
| | Love Thyself | | 9/12, 6:30–8:00 pm | | | |
| | Cancer Related Fatigue | | | 9/20, 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 2023

Closed: Monday, July 3 • Tuesday, July 4 • Monday, September 4

| PROGRAM DESCRIPTION | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------|--|-----------------------------|---------|-----------------------------|--------------------------------|--------|
| ORIENTATION – Call for details | | | | | | |
| SUP. | 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 | |
| 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 | Weekly: 12:30 pm | |
| | Yin Yoga | Weekly: 8:00–9:00 pm | | | | |
| EDU.*** | Hot Topics for Young Adults: Advancing Anti-Racist Patient Engagement in Young Adult Oncology Research | | | 7/12, 6:00–7:00 pm | | |
| | Death & Dying Conversations | | | 9/13, 6:30–7:30 pm | | |
| | Navigating Work & Cancer | | | 9/27, 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.

Hot Topics for Young Adults: Advancing Anti-Racist Patient Engagement in Young Adult Oncology Research Join us for a talk led by Dr. Cheung as she discusses the latest scientific evidence and her own research on implementing anti-racist approaches to engaging with younger adults in the conduct of research. In addition to introducing key concepts, Dr. Cheung elaborates on how and why underrepresented patients should participate as advocates in research.

Touch, Caring & Cancer: Massage for People Diagnosed with Cancer and Their Caregivers One of the most comforting forms of support you can offer a loved one with cancer is the use of touch. Lee Blank, LMT is a licensed oncology massage therapist. She has many years of experience in the field of oncology massage, and she will provide safe and simple techniques anyone can learn and apply. These techniques were developed with support from the National Cancer Institute.

Love Thyself This interactive workshop provides an opportunity for participants to identify, acknowledge and embrace positive aspects of themselves and encourage self-care. We hope you will join us for this in-person program (Bethesda).

Death & Dying Conversations Janie Rakow has been a hospice volunteer since 2001, providing emotional and spiritual support to patients and their loved ones through the end-of-life process. She has also worked as a doula privately in her community to both raise awareness of the end-of-life doula field, and to educate others about the dying process. To date, Janie has worked with hundreds of patients and their loved ones as they journey through their terminal diagnosis. We hope you will join us for an interactive discussion.

Cancer Related Fatigue Yes, Cancer-Related Fatigue is Real, and it can be all consuming and distressing. Dr. Jessica Engle, D.O who is the Assistant Professor of Physical Medicine and Rehabilitation at the Johns Hopkins University School of Medicine, will help us to better understand this common condition as well as provide some helpful strategies and tools. We hope you will join us!

Navigating Work & Cancer Amanda Goodstadt, Esq. Staff Attorney with Triage Cancer will help us better understand how federal and state laws, employer policies, and disability insurance work together (which is key to being able to take time off work, maintain an income, and protect your job and employer-sponsored health insurance coverage). There are also options for caregivers who need to take time off work. This session will cover the Americans with Disabilities Act, the Family & Medical Leave Act, state leave laws, and disability insurance options, and explain how they can work together for you, whether you plan to work through treatment or take some time off.

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

Special Events



MARK YOUR CALENDARS!

2023 SCOTT OGDEN

DRIVE OUT CANCER

GOLF TOURNAMENT

MONDAY, SEPTEMBER 18TH
BETHESDA COUNTRY CLUB

JOIN US FOR 18 HOLES,
DINNER, & RAFFLE PRIZES.

SCAN THE QR CODE OR VISIT THE
LINK FOR MORE INFORMATION:



[HTTPS://BIT.LY/DRIVEOUTCANCER23](https://bit.ly/driveoutcancer23)



PRESENTING SPONSOR:
MIKE & AMY AQUILINO



SAVE THE DATE

SATURDAY, OCTOBER 14
10:00 AM - 3:00 PM

**HOPE CONNECTIONS ANNUAL HEALTH FAIR
AT TANGER OUTLETS-NATIONAL HARBOR**

Giving Tuesday is November 28!

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

OUR STAFF

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

Brian Hauch
Fundraising & Event Coordinator
brian@hopeconnectionsforcancer.org

Taylor Hendrickson
Program & Administrative Coordinator
taylor@hopeconnectionsforcancer.org

Lucy Liu
Grants & Development Coordinator
lucy@hopeconnectionsforcancer.org

Mary K. McCusker
President and CEO
mary@hopeconnectionsforcancer.org

Stephanie Stern, LCSW-C
Program Director
stephanie@hopeconnectionsforcancer.org

Amy Weinberg
Development Director
amy@hopeconnectionsforcancer.org

MIND/BODY INSTRUCTORS

Johnnette Armstrong - Pink Ribbon Pilates
May Benatar - Guided Mindful Meditation
Marsha Bisker - Reiki & Chakra Balancing
Larry Bricker - Relaxation & Tranquility
Stacey Fannon - Mindfulness for Wellbeing
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, and Stretch!
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
Chester McCoy, LCSW-C
Monique Presbury, LCSW-C
Stephanie Stern, LCSW-C
Tom Sumser, LCSW-C

NATUROPATHIC ONCOLOGY

DR. AMINAH KEATS, ND, FABNO

Naturopathic oncology is the application of evidence-based natural medicine to the field of cancer care and cancer prevention. According to the Oncology Association of Naturopathic Physicians, this integrative approach to oncology care provides patients with safe options for combining conventional cancer treatment with natural and supportive therapies. Naturopathic medicine can be safely paired with conventional treatment to achieve the best possible outcomes for patients.

Licensed naturopathic doctors are educated at four-year, post-graduate medical schools. Naturopathic doctors who specialize in oncology are board certified by the American Board of Naturopathic Oncology after completing a two-year residency or a minimum of five years in specialized naturopathic oncology practice. They are designated as Fellows of the American Board of Naturopathic Oncology (FABNO).



WHAT ARE THE GOALS OF NATUROPATHIC ONCOLOGY CARE?

Reduce the side effects associated with conventional treatment.

Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies include sleep disruption, fatigue, nausea and vomiting, diarrhea and constipation, peripheral neuropathy, stomatitis, and hot flashes.

Support recovery following surgical procedures.

Supportive nutrients help to support healing of incisions, reduce swelling and inflammation, support immune health, and promote collagen recovery.

Provide education for an improved healthy lifestyle.

Maintaining a healthy lifestyle is important for immune support, cancer-inhibiting effects, improved energy levels, improved quality of life, and improved treatment outcomes. Healthy lifestyle components are varied and can include nutrition, movement, stress management techniques, sleep hygiene strategies, and more.

Discuss recommendations to reduce the risk of cancer recurrence.

Increased intake of fruits and vegetables, exercise, and intermittent fasting have all been associated with reducing the risk of recurrence in certain cancer types by reducing inflammatory levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

WHAT ARE THE TOOLS FOR EVALUATION?

Naturopathic doctors utilize conventional, functional, and specialized diagnostic tests to perform patient evaluation. This may include the following:

- Standard tests, such as blood analysis, urinalysis, and stool tests.
- Evaluation of diagnostic imaging results which may include ultrasound, X-ray, CT scan, PET/CT scan, thermography, and MRI technology.
- Specialty tests are regularly utilized which may include food sensitivity testing, biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, comprehensive stool analysis, toxins and toxic load, advanced hormone testing, neurotransmitter testing, and nutrition genomic testing.

WHICH MODALITIES ARE UTILIZED BY NATUROPATHIC DOCTORS?

Naturopathic treatment plans are individualized based on patient evaluation. Treatment can be adjusted based on symptom presentation, conventional treatment changes, lab results, and other factors. Naturopathic doctors include the following therapeutic tools for care:

- | | | |
|---------------------------------------|-------------------------------|-------------------|
| • Dietary and lifestyle modifications | • Intravenous vitamin therapy | • Homeopathy |
| • Botanical medicine | • Psychological support | • Acupuncture |
| | | • Supplementation |

For more information about naturopathic oncology, please visit www.oncanp.org.

Hope Chest Boutique

If you are a woman getting cancer treatment, your body weight and shape can change too. Having to buy new, larger-sized clothing online or in a big-box store can be exhausting. But having a place where you can buy new, or gently used clothing, donated by neighbors as well as other cancer patients, can be a fun adventure and a great way to give back to a great organization like Hope Connections.

Our Hope Chest Boutique in our Bethesda location has been selling its "thrifty treasures" since 2014 after we hosted a yard sale of a variety of estate items, including clothing that was donated to Hope Connections. A participant by the name of Diane had the idea of turning a one-time yard sale into an actual store within Hope. The idea was a good one, and with the help of management and another participant named Winnie, the Hope Chest became a reality.

If the names Diane and Winnie sound familiar, it's because these dedicated volunteers are the two co-managers of the boutique. Open every Wednesday from 10 am to 4 pm, and one Saturday a quarter, the Boutique has transformed from a small 2-person operation to a volunteer-run staff of over 20 volunteers, with 100% of the proceeds supporting our free programs. Come by and see what's new!



<https://hopeconnectionsforcancer.org/>

PS: Yes, we do accept donations of women's new or gently used seasonal clothing, accessories & jewelry, handbags, and small giftware items. They can be dropped off at our Bethesda location, 10100 Laureate Way. For more details, contact us at info@hopeconnectionsforcancer.org.

BOARD OF DIRECTORS

Katey Grogan, Chair

K& G Enterprises

Abigail Bortnick, Vice Chair

Leidos

Joe Clarke, Chair Emeritus

EagleBank

Gary Altman, Vice Chair Emeritus

Altman & Associates

Joshua Aronson, Treasurer

Community Realty Company, Inc.

Jim Bortz - Secretary

S Freedman & Sons of Landover

Michael Aquilino

Retired

Larry Bricker

Hope Connections for Cancer Support

Brenda Brody

PineRock, Inc.

Pam Clark

Clark Concepts

Holly Fungler, LCSW-C

All Points North Lodge

Maureen Hearl

Retired

Rahul Kishore

Shah & Kishore

Jacki Kwan, MSW

Community Volunteer

Cathy Kwart

Artist

Colette Magnant, MD, FACS

Retired

Scott Samborn

IT consultant

Mary K. McCusker

President & CEO

Hope Connections for Cancer Support

MEDICAL ADVISORY BOARD

Manish Agrawal, MD

Sunstone Therapies

Chile Ahaghotu, MD, MBA, EMHL, FACS

MedStar Southern Maryland Hospital Center

Andrea B. Apolo, MD

National Cancer Institute

Melissa Camp, MD

Johns Hopkins University Hospital

Kashif A. Firozvi, MD

Capitol Oncology & Hematology Associates

Christopher Gallagher, MD

Medical Director of Cancer Services

Medstar Washington Hospital Center

Anu Gupta, MD

Cancer Center at Gaithersburg

Regina Hampton, MD

Medical Director

Breast Care Center /

Doctors Community Hospital

Laurie Herscher, MD

Medical Director of the Integrative Medicine

Program at the Aquilino Cancer Center

Patricia Horning PT, DPT, CLT, CDNT

NovaCare Rehabilitation

Jeffrey Y. Lin, MD

Sibley Memorial Hospital

Stephen Liu, MD

Thoracic Medical Oncology

Lombardi Comprehensive Cancer Center

John L. Marshall, MD

Physician Executive Director MedStar

Washington DC Integrated Hematology

Oncology Division

Meghan Milburn, MD, FACS

Anne Arundel Medical Center,

Fortney Breast Center

Dr. Elizabeth Nichols

University of MD, School of Medicine

Elizabeth Pfaffenroth, MD

Kaiser Permanente

Inger Lerra Rosner, MD

Walter Reed National Medical Center

Kym Sevilla, CET, E-RYT

Medical Exercise Specialist

Frederick P. Smith, MD

Medical Oncologist

Sandra M. Swain, MD

Georgetown University Medical Center

PROGRAM CALENDAR

July – September 2023



10100 Laurette 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!

301-634-7500
info@hopeconnectionsforcancer.org
hopeconnectionsforcancer.org