



Hope
Connections
FOR CANCER SUPPORT



PROGRAM CALENDAR

October – December 2023

ALL PROGRAMS
ARE ALWAYS
PROVIDED FREE
OF CHARGE

TWO LOCATIONS, ONE HOPE AND 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

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

Closed: November 23-November 24
December 25-January 1

***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: 10:00 am	
	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					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				

EDU.***	Breast Cancer Recovery: Helpful Tips & Exercises			10/11, 6:30-7:30 pm		
	Cancer & Resiliency			10/25, 6:30-8:00 pm		
	Advanced Directives			11/1, 6:30-7:30 pm		
	YA Hot Topics: Managing Relationships with Family & Friends			11/8, 6:00-7:30 pm		
	Build Your Best Brain During & After Cancer Treatment			11/13, 6:30-7:30 pm		
	Patient Power: An Advocacy Toolbox			12/6, 6:30-7:30 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 October – December 2023

Closed: November 23-November 24 • December 25-January 1

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: 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.***	How to Get the Most Out of Your Doctor Visit	10/9, 6:30-7:30 pm			
	Everything You Need to Know About Proton Therapy			10/18, 6:30-7:30 pm	
	Offsetting Cancer Care Costs: Managing Medical Expenses for Breast Cancer				10/19, 6:30-7:30 pm
	Beautiful You In-Person (Largo, MD)			11/8, 11:00 am-3:00 pm	
	Living Well with Blood Cancer: Resilience in Survivorship In-Person (Columbia, MD) Saturday November 11, 9:30 am- 1:00 pm				
	Offsetting Cancer Costs: Managing Living Expenses			11/15, 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.

How to Get the Most Out of Your Doctor Visit

Steve Lorberbaum, with Assisting Hands Home Care, will discuss all aspects of going to a doctor's visit; from tips on who to have with you, how best to ask questions, and when a family member/friend joins virtually to listen and learn.

Breast Cancer Recovery: Helpful Tips & Exercises

Patricia Horning PT, DPT, CLT, CDNT will discuss the benefits of physical therapy after a breast cancer diagnosis, including tips for controlling lymphedema. Cancer Rehabilitation is typically covered by insurance and can be an important part of your recovery to improve daily function and quality of life.

Updates on Breast Cancer Radiation Therapy: Improvements in Patient's Quality of Life

We hope you will join us for this informative talk with Dr. Elizabeth Nichols, radiation oncologist with the University of Maryland Medical System. She specializes in treating women's cancers. She has extensive experience using proton therapy to treat advanced or recurring breast cancers and in combining this treatment with hyperthermia. She is also experienced in treating patients with brachytherapy, proton therapy and photon therapy.

Offsetting Cancer Care Costs: Managing Medical Expenses for Breast Cancer

During this presentation, we will walk through strategies for saving money on medical expenses related to breast cancer care. We'll discuss negotiating medical bills and applying for financial assistance and prescription savings programs. We will touch on identifying and tackling health insurance denials and will end with tips on how to adjust your budget to accommodate additional medical costs. This is Part 1 of a 2-part series on Managing Cancer Expenses. These presentations are standalone but complementary. Hope to see you there!

Cancer & Resiliency Through reflective writing practices, this interactive workshop will explore purpose, why purpose matters, and how to find and live with purpose. Kara Woodhank is passionate about helping those impacted by cancer increase their well-being. She has a background in psycho-oncology and resilience research, and a wealth of knowledge on making meaning and living with purpose. Through both research and her personal experience, as a cancer survivor, she has seen the many benefits of finding and using purpose after a cancer diagnosis and is excited to help others find the same.

Advanced Directives and Why They Are Important M Jane Markley is a nurse and healthcare executive with over 45 years of experience in the healthcare industry having worked in direct care, ethics and education. She will discuss Advanced Directives, what they are and why they are important for everyone. She will also share helpful ways to approach this subject with your loved ones.

YA Hot Topics: Managing Relationships with Family & Friends Going through cancer is already tough, but do you sometimes feel like your family and friends just don't understand what you're dealing with? Are you feeling extra stress in your relationships because of your cancer experience? Join guest speaker Jenni McRobbie, for a presentation and discussion on how to better communicate and manage expectations with friends and family.

Build Your Best Brain: Promoting Brain Health During and After Chemotherapy

Offsetting Cancer Care Costs: Managing Living Expenses This presentation will discuss tips for managing living expenses while navigating a cancer diagnosis. We will outline finding help for housing, utilities, transportation, and nutrition needs while in treatment. This talk will include a walkthrough of national and local financial assistance resources and other topics "I wish I had known" before diagnosis. This is Part 2 of a 2-part series on Managing Cancer Expenses. These presentations are standalone but complementary. Hope to see you there!

Patient Power: An Advocacy Toolbox with Cathy Fink & Marcy Marxer, GRAMMY Winning Musicians, Cancer Survivors Patient advocacy is about helping you get the care and resources you need. Whether you are a cancer patient, survivor, or have other health issues, you often need to serve as your own advocate, or a friend or loved one may serve in that capacity. In this workshop we will discuss patient rights and tools and strategies for getting the best out of your health care providers and healthcare system.

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

Special Events

*Charity Barrel
Bourbon Night*

For Hope Connections

Date: Friday, 10/20/23
Time: 7pm - 10 pm
Where: Hope Connections
10100 Laureate Way
Bethesda, MD
Tickets: \$100 pp OR
VIP \$175pp (limited to 25)



Come Join the fun!

Food & Bourbon Pairing • Full Bar •
Old Fashion Station • Manhattan Station
Silent Auction & Raffle • Music & Dancing

For more information, visit: bit.ly/HCCSBourbon23

A wooden barrel with metal hoops is positioned on the right side of the flyer. In the center, there is a square QR code with a circular logo in the middle, which appears to be the Hope Connections logo. The background is a solid dark color.

Sponsored By:

**FABULOUS PRIZES
FOR TOP 2 TABLE!**

Cards for a Cause




TEXAS HOLD EM

WEDNESDAY, NOVEMBER 8TH



The Progress Club | 1615 E. Jefferson St., Rockville, MD 20852
 5:45 PM Registration • Dinner/Drink \$3 and Cards Deal-in • Closes 12 AM
 Tickets *\$100 | At The Door *\$25 | \$5 Credit Card Fee*

TICKETS AVAILABLE AT: <https://bit.ly/HCCSPoker> OR CALL: (301) 634-7500

**Grand Prize:
Free Entry To
HOLD POKER Tournament
+ Overnight Stay
+ \$200 Restaurant
Voucher**

PROGRESS BENEFIT

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.

**GIVING
TUESDAY**

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

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Development Director
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MIND/BODY INSTRUCTORS

JoAnnnette 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 - Art's Book Club
 Amy Morrison - Gentle Yoga
 Carole Moskowitz - Pink Ribbon Pilates, and Stretch!
 Don Pelles - Hypnosis For Symptom Reduction
 Charles Votaw - Tai Chi
 Kathryn Winsberg - Knitting, Stitch & Chat

CLINICAL FACILITATORS:

Nonie Akman, LCPC
Nataasha Dotrang, LCSW-C
Chester McCoy, LCSW-C
Monique Presbury, LCSW-C
Stephanie Stern, LCSW-C
Tom Sumser, LCSW-C

MY STORY

BY LISA HALL

Possibilities

"It always seems impossible, until it's done" ~ Nelson Mandela

Managing life after a cancer diagnosis seemed unimaginable at first. Nothing seemed possible in the Fall of 2021 when the

Georgetown Medstar doctors informed me that I had unresectable metastatic colon cancer. The tumors in my colon, lymph nodes and liver were inoperable. My cancer had spread so extensively that it could only be treated with chemotherapy initially. At the time it felt like I was a character in a very dark movie. To make things worse, it was a sequel, as I had lived through my husband's colon cancer diagnosis in 2015 and his eventual death in 2017.

As my own cancer journey began I learned that patience and patient have the same root meaning, which is to suffer. And for that first month, between my diagnosis and the start of treatment, it felt like I was being crushed by suffering, alongside my 17 year old daughter --- as if a truck had run over us.

Thankfully, the reality of living with cancer has been quite different from those first few months. And even though cancer treatments and side effects like fatigue are no walk in the park; it is possible to live with cancer and experience joy. Cancer brings with it many gifts that make the suffering manageable and allow the impossible to become possible. Eighteen months into my cancer journey, I have now lived through a clinical drug trial, multiple cycles of chemotherapy which reduced my original tumors, two successful surgeries, and a recent round of ten radiation treatments. And although my cancer is not curable, it is treatable. I have been able to live a full and rewarding life.

My active life includes participating regularly in the weekly Hope Connections support group for All Cancers facilitated by Stephanie Stern. It has been uplifting to spend time with others living with cancer and several long time cancer survivors. Their stories, triumphs and challenges are inspiring. I am grateful for the opportunity each week to be in community with these amazing individuals who understand and empathize with what it is like to be on a cancer journey, day in and day out. The group has provided invaluable advice when I have grappled with wide ranging issues like travelling with cancer, recovering after radiation, and managing COVID exposure. Sometimes there is laughter and sometimes there are tears, but I always leave our Zoom sessions feeling better, appreciating the time spent with my cancer comrades. Hope Connections is a life line for so many people. I have also benefited from their education programs and mind-body sessions, which help patients and survivors to practice balance, enjoy yoga, and experience meditation and mindfulness. Hope Connections has strengthened my belief in what I once thought was impossible --- living life to the fullest in spite of my cancer diagnosis. When we meet, I say a special prayer of thanks for my support group members, who keep me grounded in the possibilities and help me stay encouraged about the future. Thank you to those who make Hope Connections possible --- the staff, the board, the donors and all those involved in delivering programs. Gracias, Merci, Xie Xie, Shukran, Shukriya, Dhanyawad, Danke, Obrigada! Thank You!



NEW RULES ON STANDARD DEDUCTIONS FOR 2023

Tax Strategies for



Charitable Giving

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 \$13,850. Married Couples filing jointly can claim \$27,700 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 2023 and then taking the standard deduction in 2024. In addition to achieving a large charitable impact in 2023, 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 2023 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 73 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.

Any 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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PROGRAM CALENDAR

October – December 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!

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info@hopeconnectionsforcancer.org
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