



Hope Connections

FOR CANCER SUPPORT



PROGRAM CALENDAR

January –
March 2024

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

OUR PROGRAMS

SUPPORT GROUPS

WEEKLY SUPPORT GROUPS:

- Advanced Cancer
- All Cancers
- Bereavement
- Caregivers

BI-MONTHLY SUPPORT GROUPS:

- Breast Cancer
- Young Adults with Cancer

MONTHLY SUPPORT GROUPS:

- Bladder Cancer*
- Blood Cancers*
- Gastrointestinal Cancers*
- Prostate Cancer
- Metastatic Breast Cancer
- 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
- 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 January – March 2024

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		Monthly: 2nd, 6:30-7:30 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		
	Mind/Body Boxing				Weekly: 10:00 am	
	Mindfulness for Well-Being		Bi-Monthly: 1st & 3rd 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 pm				

EDU.***	Utilizing All the Tools in the Toolbox: The Benefits of Naturopathic Medicine in Cancer Care	1/29, 6:30-7:30 pm				
	San Antonio Breast Cancer Symposium Update			1/31, 6:30-7:30 pm		
	Young Adult Hot Topics: Holistic Pain Management			2/7, 6:00-7:30 pm		
	Introduction to Cannabis: Understanding the Benefits			3/27, 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 January – March 2024

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		
	Prostate Cancer 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 pm				
EDU.***	Breast Health Equity: Biomarkers and You			1/24, 6:30-7:30 pm		
	Creativity to Well-Being	2/26, 6:30-7:30 pm				
	Having Difficult Conversations			2/28, 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.

Breast Health Equity: Biomarkers and You
Laura Crandon, a breast cancer survivor and Founder and President of Touch4Life, will be discussing disparities in breast cancer detection, treatment, and survivorship that exists for Black, Indigenous, and People of Color (BIPOC). She will also cover breast cancer testing and the facts you need to get the care you deserve. We hope you will join us for this important talk.

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.
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 2023 San Antonio Breast Cancer Symposium.

Young Adult Hot Topics: Holistic Pain Management
This presentation is designed to help young adults diagnosed with cancer reduce suffering from the pain and stress associated with their illness. This talk integrates mindfulness and psychoeducation, two evidence based strategies for improving wellbeing and quality of life when experiencing pain.
Creativity to Well-Being
Patricia Dubroof, director of community relations at Assisting Hands of Potomac will lead this interactive session where we will make art (for all levels) that focuses on improving your sense of Well-Being.

Having Difficult Conversations
When people are facing a shortened life expectancy, Hospice can be there to help. Hospice Care is patient-centered, and it involves mind, body, and spirit. The difficult conversation from curative treatment to comfort care is rarely easy. Miriam Rendon-Ponce with Hospice of the Chesapeake will be leading this important discussion. We hope you will join us.
Introduction to Cannabis: Understanding the Benefits
We hope you will join us for a presentation on the introduction to cannabis medicine. A Leaf411 nurse will provides education and directional support about the safe use of legal cannabis (marijuana & hemp). Their team of cannabis trained nurses are passionate about helping people access balanced education about their legal cannabis use and provide answers to your questions.

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

Special Events



OUR STAFF

Teresa Click Office Manager & Volunteer Coordinator teresa@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 Charles Votaw - Tai Chi
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Stephanie Stern, LCSW-C Program Director stephanie@hopeconnectionsforcancer.org	CLINICAL FACILITATORS: Nonie Akman, LCP Natasha Dotrang, LCSW-C Chester McCoy, LCSW-C Monique Presbury, LCSW-C Stephanie Stern, LCSW-C Tom Sumser, LCSW-C
Amy Weinberg Development Director amy@hopeconnectionsforcancer.org	

BREAST CANCER RADIATION

BY: ELIZABETH NICHOLS, MD

In the United States, breast cancer continues to be the most common cancer in women (besides skin cancers) but is highly curable. Breast cancer is typically treated with a combination of surgery, radiation therapy and systemic therapy. There are a variety of systemic therapies including hormone blockers, chemotherapy, targeted antibody therapy and immunotherapy.

Radiation therapy is used in the management of breast cancer in roughly 2/3rds of women. The goal of radiation therapy is to reduce the risk of cancer recurrence within the breast and draining lymph nodes and in many cases the addition of radiation therapy also improves the overall cure rates. The way radiation works is by damaging the DNA of cancer or pre-cancerous cells. Cancer cells are unable to repair this damage and so they die over time whereas our normal cells are able to repair this damage. In breast cancer patients, presumably all the cancer has been removed by surgery, so what is the radiation targeting? We know from studies that about 30-40% of patients can develop a recurrence over time with surgery alone and so that means that in some patients some cancerous or pre-cancerous cells are left behind that we can't detect - the radiation targets these cells. Radiation therapy is typically delivered after surgery. We usually wait for patients to heal for 4-6 weeks for the initiation of treatment.

What is the process?

In order to start radiation, patients first have to undergo a planning session. This is a CT scan where we make a mold of your body which we will use to line you up each day for treatment. Temporary marks are also placed on your skin which will also help with the daily alignment. Once the CT scan is performed, the radiation oncologist goes in and slice by slice draws where they want the radiation to go and where they want to avoid radiation. A medical dosimetrist then creates the radiation plan which is reviewed by the physician. Once this plan is accepted it goes through a vigorous quality check process by medical physicists. This entire process can take 1-2 weeks depending on your center. When you are ready to start, you will be greeted by radiation therapists who will deliver the treatment each day. You will see your doctor at least once per week to help talk about any side effects and how you are feeling.

Is all radiation the same?

There are several different types of radiation used to treat breast cancer. These include electrons for very superficial targets; photon or regular radiation; brachytherapy; and proton therapy. Different types of radiation are appropriate for different stages of breast cancer and for different areas we are targeting such as the partial breast, whole breast or breast and draining lymph nodes. Speak with your doctor about which type of radiation is best for you.

In addition to deciding which type of radiation is best, your doctor will also help determine which regimen to use which could range from as few as five treatments to up to 33 treatments. This depends on the target and stage of the breast cancer.



HOST WITH HOPE IN 2024



Celebrate your Birthday with Hope!

Host your birthday party at Hope! We'll open up the Hope Chest Boutique for you and your friends to shop all the new season finds. We'll reserve a room for you and your guests to blow out those birthday candles, and we'll even give you a box of birthday decorations for your special day!

Small business looking to give back?

Consider supporting Hope Connections through a donation of a portion of your revenue to us. Hope is always looking to recommend services of benefit to our participants and is happy to promote our philanthropic partners. In 2023, local small businesses supported us by donating a portion of their October earnings to Hope in honor of Breast Cancer Awareness Month! Which cancer awareness month will you donate towards in 2024?



Online Fundraising

Help Hope Connections from the comfort of your home! Have a special occasion coming up? Run an online fundraiser in honor of your day! Birthdays, Anniversaries, and other life celebrations! You can host a Facebook or Instagram fundraiser asking your community to donate to Hope in place of gifts this year!

INTERESTED? CONTACT

INFO@HOPECONNECTIONSFORCANCER.ORG

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PROGRAM CALENDAR

January – March 2024



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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