



Hope
Connections
FOR CANCER SUPPORT



PROGRAM CALENDAR

October – December 2024

ALL PROGRAMS
ARE ALWAYS
PROVIDED FREE
OF CHARGE

TWO LOCATIONS, ONE HOPE AND HYBRID

W. Scott Fungler House
10100 Laureate Way
Bethesda, MD 20814
301-634-7500

Carrollton Corporate Center
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
- Katherine Linquist Caregiver

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

MIND-BODY CLASSES**

These regularly scheduled classes help reduce stress in the lives of people with cancer and their caregivers.

- Acupuncture
- Connecting with Nature
- Expressive Art
- Gentle Yoga
- Guided Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- Me-Time Meditation
- Mind/Body Boxing
- Pink Ribbon Pilates
- Relaxation & Tranquility
- Strength & Balance
- Stretch!
- Tai Chi
- Yin & Restorative Yoga for Wellness

THE BILL HEARL EDUCATIONAL PROGRAM SERIES***

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.

*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

BETHESDA - Hybrid October – December 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: 11:00 am -12:00 pm Weekly: 6:30-8:00 pm			
	Bladder Cancer Group*			Monthly: 3rd, 6:00-8:00 pm		
	Blood Cancers Group*				Monthly: 1st, 6:30-8:00 pm	
	Breast Cancer Group		Bi-Monthly: 1st & 3rd 6:30-8:00 pm			
	Katherine Linquist Caregiver Group			Weekly: 6:30-7:30 pm	Weekly: 12:00-1:00 pm	
	Gastrointestinal Cancers Group*				Monthly: 4th, 6:30-8:00 pm	
	Metastatic Breast Cancer Group		Monthly: 2nd, 6:30-8:00 pm			
	Ovarian/GYN Cancers Group	Monthly: 2nd, 12:30-1:30 pm				
	Young Adults with Cancer Group				Bi-Monthly: 2nd & 4th 6:30-8:00 pm	

MIND-BODY (M-B)**	Acupuncture		Monthly: 1st, 12:30 pm			
	Connecting with Nature (August – December)					Bi-Monthly: 1st & 3rd, 10:30 am
	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		
	Me-Time Meditation	Monthly: 1st, 1:30 pm				
	Mind/Body Boxing				Weekly: 10:00 am	
	Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	Weekly: 12:30 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 & Restorative Yoga for Wellness	Weekly: 7:00 pm				

EDU.***	Coping with Body Image Changes During and After Cancer			10/9, 6:30-7:30 pm		
	Fact or Fiction: Addressing Common Nutrition Misconceptions			10/23, 6:30-7:30 pm		
	Special Event: Mind-Body Retreat (In-Person/Bethesda) Saturday, November 2, 11:00 am-2:00 pm					
	Is Cancer Traumatic? How to Identify and Cope with Cancer-Related Trauma	11/18, 6:30-7:30 pm				
	Young Adult Hot Topics: Managing the Complexities of Medically-Induced Menopause			12/4, 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 - Hybrid October – December 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		
	Katherine Linquist Caregiver 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	
	Me-Time Meditation	Monthly: 1st, 1:30 pm				
	Mind/Body Boxing				Weekly: 10:00 am	
	Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	Weekly: 12:30 pm	
	Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				
EDU.***	Breast Cancer Treatment Updates in Oncology, Surgery and Radiation		10/29, 7:00-8:15 pm			
	Connecting with Nature Indoors			11/13, 6:30-7:30 pm		
	Thinking About the Holidays			11/20, 7:00-8:00 pm		
	Caring for the Caregiver	12/9, 6:30-7:30 pm				
	Patient Power: An Advocacy Toolbox			12/11, 6:30-7:30 pm		

THE BILL HEARL EDUCATIONAL PROGRAM SERIES DESCRIPTIONS

Coping with Body Image Changes During and After Cancer This session focuses on the emotional and psychological challenges of body image changes during and after cancer treatment. Led by a health psychologist, participants will have the opportunity to share their experiences, discuss their feelings, and explore strategies for coping with changes in body- and self-image. We will explore ways to embrace all bodies with kindness and acceptance, while acknowledging the complexity of the emotions that may arise as a result of diagnosis and treatment.

Fact or Fiction: Addressing Common Nutrition Misconceptions Isabella Nelson (Clinical Dietician Specialist at Johns Hopkins Medicine) will discuss cancer and sugar, fad diets, organic vs non-organic, supplements, and more.

Breast Cancer Treatment Updates in Oncology, Surgery and Radiation Learn about the latest in breast cancer care from Dr. Nicholas DeMonaco, Maryland Oncology Hematology, Dr. Katerina Tsiapali, Breast Surgery University of Maryland Capital Region Medical Group and Dr. Melissa Vyfhuis, Radiation Oncology UM Capital Region Medical Center.

Mind/Body Retreat Treat yourself to a half day of relaxation, rejuvenation, and sample a variety of mind-body classes! Come to one, two, or all three sessions offered. Lunch will be provided.

Connecting with Nature Indoors From your great indoors, we will connect with nature by using indoor plants and pictures, looking out a window, and guided imagery (a well-deserved mental field trip). Participants can learn and practice new skills. We hope you will join us.

Is Cancer Traumatic? How to Identify and Cope with Cancer-Related Trauma This talk will address the differences between trauma and PTSD. Greer Raggio, PhD will discuss how trauma can occur when people are diagnosed with cancer. She will also provide insights into how to identify trauma, suggestions on how to manage trauma symptoms, and resources.

Thinking About the Holidays Holidays can be a lot; music, decorations, food, gifts, travel. Overstimulation. Pressure for feelings of joy, even magic. Intensification of social and family time. Aloneness. Add the realities of an unwanted, life-altering event and things get complicated. Sarah Diehl, MDiv, MS, LCPC, a therapist who has worked with people living with cancer for over twenty-five years, will be our guest speaker. She will help explore the shadow side of the holidays as well as ideas for taking care.

Closed: Thurs., Nov. 28 – Fri., Nov. 29
Wed., Dec. 25 – Wed., Jan. 1

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

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

Special Events

CHARITY BARREL'S

BARDSTOWN
BOURBON
NIGHT

FOR HOPE CONNECTIONS

OCTOBER

26

7:00 PM

BARDSTOWN
BOURBON COMPANY

CHARITY
BARREL

<https://bit.ly/BourbonNight24>

TICKETS \$125 PP OR
VIP \$200 LED BY DAN CALLAWAY

W. SCOTT FUNGER HOUSE
10100 LAUREATE WAY
BETHESDA, MD

Giving Tuesday is December 3!

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

Celebrate With Hope Connections!



Raise money for an organization you love, as you celebrate with the ones you love!





Email us at:
info@hopeconnectionsforcancer.org



Help spread awareness about Hope Connections' free services for cancer patients and their caregivers.

OUR STAFF

Teresa Click Office Manager & Volunteer Coordinator teresa@hopeconnectionsforcancer.org Ciciley Fredericks Outreach Manager ciciley@hopeconnectionsforcancer.org Elena Gomez-Rey Senior Operations Manager elena@hopeconnectionsforcancer.org Vanessa Homsani Operations & Program Coordinator vanessa@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 Larry Bricker - Relaxation & Tranquility Judy Goldstein - Expressive Art Eric Govan - Mind/Body Boxing Tierra Hardin - Acupuncture Marlene Hayman - Katy's Book Club Amy Morrison - Gentle Yoga Carole Moskowitz - Pink Ribbon Pilates, and Stretch! Don Pelles - Hypnosis For Symptom Reduction Adie Olfus - Me-Time Meditation Sherry Steine - Yin & Restorative Yoga for Wellness Charles Votaw - Tai Chi 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
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MY STORY

BY: CHANITA WILLIAMS

In April of 2023, I was diagnosed with stage 2E Non-Hodgkin's Lymphoma after a full hysterectomy due to a large mass infiltrating my kidneys, ureters, and bladder. The tumor caused a severe obstruction, and I lost function in one kidney. Happily, with the assistance of bilateral nephrostomy tubes, my kidney was able to recover.

Last year was the toughest year of my life; recovering from acute kidney failure, with over 72 medical appointments and 10 surgical procedures, I didn't think I was going to make it through. I endured lots of procedures coupled with a shocking cancer diagnosis, which included chemo, hair loss, bone pain, and more. You name it, I had it. Being a cancer patient, I felt incredibly low and lonely at times. I had to stay away from crowds, due to a compromised immune system, which meant house arrest for several months. I didn't just have cancer, which is devastating enough, I had multiple organs removed and was forced to thrive as best as I could in an isolated environment. A cancer journey moves extremely fast because you are jumping from one appointment to the next scan, to the next chemo infusion; there's no time to think about how it all feels or how it's affecting you. I needed help to process the endless rollercoaster of emotions that I was going through. I was angry, sad, and depressed.

During one of my chemotherapy infusions, I walked up to the front desk to gather some freebies. I stumbled across a Hope Connections leaflet that said, **"No One Should Face Cancer Alone."** That slogan really jumped out and spoke to me. It also felt encouraging because I was definitely feeling alone. I contacted the program director and joined a support group. After several weeks of attending the All-Cancers Support Group, and hearing many heroic stories, the group gave me the confidence, and the push, I needed to keep fighting. Hope Connections support groups and mind body classes have helped me keep my mental health in a positive state. Hope Connections gave me life again. The support groups are something, to this day, I try hard not to miss. There have even been times that I have joined the group from the car, grocery store, and even an amusement park. That's just how important they are in my cancer recovery journey. With the help of Hope Connections mind body classes (yoga, Pilates, and stretching), I have gained balance and strength which has helped to restore, and heal, my mind, body, and spirit.



SEASON OF GIVING



AS WE ENTER THE SEASON OF GIVING:

We must make sure that no one faces cancer alone. Our participants should never have to think about how they are going to pay for any of our programs.

WE NEED YOUR HELP TO ACCOMPLISH THIS GOAL!

You will receive information about contributing to the Annual Fund or Giving Tuesday (December 3rd). PLEASE GIVE GENEROUSLY.

THIS YEAR, WE ARE LAUNCHING TWO NEW INITIATIVES FOR ANNUAL GIVING:

JOIN THE HOPE FOR THE FUTURE SOCIETY:

Want to help the next generation of participants through a significant yearly gift, a pledge, or through planned giving? We are founding a Society for people to contribute gifts of \$500 and above.

- **For a \$500 gift:** An inscription on a brick with your name or names of your loved ones to be placed outside our Bethesda home (The W. Scott Funger House).
- **For a \$1000 gift:** An inscription on a larger, ground plaque with your names or names of your loved ones.
- **For a \$5000 gift:** An inscription of your name on our donor wall inside the W. Scott Funger House.
- **For a \$10,000 gift or more:** An inscription of your name on a leaf on our honor wall and of your name or names of your loved ones on large, ground plaque outside the W. Scott Funger House.

We also plan to host special events every year for members of the society. Coming in October:

- **October 23:** A Thank You Cocktail party for the people who contributed to our Capital Campaign and for members of the Hope for the Future Society.
- **October 30:** Making Sense of Your Information for Future Generations. Join us for a presentation by experts for everyone, who has trouble keeping important information organized for themselves (during their lifetimes) or for their loved ones (after death).

If you are interested in joining the society or attending any of these events, please contact Amy at (301) 634-7500.

JOIN THE PAY IT FORWARD SOCIETY:

We are creating special recognition for current or past participants contributing to our Annual Fund. Whether you or a family member attended our support groups, educational programs, or mind/body classes, we hope that your involvement with us has been meaningful. We have heard from so many participants that the best part of their day or week was spent at Hope Connections.

The **"Pay it Forward Society"** allows participants to give back to Hope Connections at any **level of support** to guarantee our continued financial viability for future generations in need.

We will be announcing special events for people who have used our services to continue to gather whether or not you continue to require our direct services.

We hope that any participant who can, will join the "Pay It Forward Society." Any amount will help!

BOARD OF DIRECTORS

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PROGRAM CALENDAR

October – December 2024



W. Scott Fonger House
10100 Laureate 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
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