



Hope Connections

FOR CANCER SUPPORT



PROGRAM CALENDAR

January –
March 2025

ALL PROGRAMS
ARE ALWAYS
PROVIDED FREE
OF CHARGE

TWO LOCATIONS, ONE HOPE AND HYBRID

W. Scott Funger 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

OUR PROGRAMS

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*
- LGBTQ+ Cancer Group
- Metastatic Breast Cancer
- Rhonda Oziel (OGCC/Rhonda's Club Founder) Ovarian/GYN Cancers Group
- Prostate Cancer

MIND-BODY CLASSES**

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

- Acupuncture
- Chair Yoga
- Connecting with Nature
- Expressive Art
- Gentle Yoga
- Guided Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- 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 January – March 2025

Closed: Wed., January 1 • Mon., January 20 & Mon., February 17

*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: 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: 12:00-1:00 pm	
	Gastrointestinal Cancers Group*				Monthly: 4th, 6:30-8:00 pm	
	LGBTQ+ Cancer Group (in partnership with Smith Center)			Monthly: 4th, 6:00-7:00 pm		
	Metastatic Breast Cancer Group		Monthly: 2nd, 6:30-8:00 pm			
	Rhonda Oziel (OGCC/Rhonda’s Club Founder) 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			
	Chair Yoga		Weekly: 11:30 am			
	Connecting with Nature					Bi-Monthly: 1st & 3rd, 10:30 am
	Expressive Art			Bi-Monthly: 2nd & 4th 1:30 pm Weekly: 10:00 am & 11:15 am		
	Gentle Yoga	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	
	Pink Ribbon Pilates	Weekly: 12:30 pm			Weekly: 12:30 pm	
	Relaxation & Tranquility					Bi-Monthly: 1st & 3rd 11:30 am
	Strength & Balance Stretch!					Weekly: 10:00 am
	Tai Chi		Weekly: 10:00 am	Weekly: 12:30 pm		
	Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				

EDU.***	You’re Not Crazy: Cancer and Mental Health Workshop				1/16, 11:00 am -12:30 pm	
	San Antonio Breast Cancer Symposium Update	1/27, 6:30-7:45 pm				
	Hot Topics for Young Adults: Managing the Complexities of Medically-Induced Menopause	2/10, 6:00-7:30 pm				
	Estate Planning with Gary Altman			2/26, 6:30-7:30 pm		
	Special Event: St. Patrick’s Participant Potluck Having Difficult Conversations					3/14, 6:00-8:00 pm
				3/26, 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 January – March 2025

Closed: Wednesday, January 1 • Monday, January 20 • Monday, February 17

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		
	LGBTQ+ Cancer Group (in partnership with Smith Center)			Monthly: 4th, 6:00-7:00 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	
	Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				
EDU.***	Trusting Your Body After Cancer			1/8, 6:00-7:00 pm		
	Connecting with Nature Indoors			1/22, 6:30-7:30 pm		
	The Importance of Resiliency: Helpful Tools & Techniques			2/5, 6:30-7:30 pm		
	Understanding Cancer Clinical Trials			2/12, 6:30-7:30 pm		
	Caring for the Caregiver			3/12, 6:30-7:30 pm		
	Body of Water Performance & Conversation with Sara Nesson				3/13, 2:00-3:00 pm	

THE BILL HEARL EDUCATIONAL PROGRAM SERIES DESCRIPTIONS

Trusting Your Body After Cancer

After a cancer diagnosis, our relationship with our body changes. Unlike contagious illnesses or injuries, cancer develops inside our bodies. It can be hard to trust our body after what can feel like a profound betrayal. Let’s talk about how to repair our relationship with our bodies, learn to be friends with our bodies again, and rebuild a sense of safety in our own bodies.

You’re Not Crazy: Cancer and Mental Health Workshop This workshop addresses the mental and emotional challenges of life after cancer, normalizing survivors’ experiences and providing tools and resources for coping.

Connecting with Nature Indoors

Back by popular demand! From the 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.

San Antonio Breast Cancer Symposium Update Dr. Jessica Tao, Assistant Professor of Oncology and Medical Oncology at 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.

The Importance of Resiliency: Helpful Tools & Techniques Join Sara Corckran as she shares her inspiring story of facing adversity and coming out better on the other side. Her goal is to provide actionable tools that can be applied to everyday life. Please join us for this uplifting talk with practicable tools to add to your toolbox.

Hot Topics for Young Adults - Managing the Complexities of Medically-Induced Menopause The sexual impacts of a cancer diagnosis and treatment for young people can greatly impact overall quality of life. One of the most common experiences is medically-induced menopause. Menopause can have a complex impact on the whole person - from sexual function and relational challenges to emotional well-being and physical changes. In this talk, we’ll explore the various impacts menopause can have on young people and discuss a variety of strategies to help manage the bio-psycho-social experiences of medically-induced menopause.

Understanding Cancer Clinical Trials Dr. Eric Cooks is a communication scientist and Senior Director for the Equity in Access Research Program at The Leukemia & Lymphoma Society (LLS). He will share the purpose and types of cancer clinical trials and why they are important. This talk will focus on all cancers.

Estate Planning with Gary Altman Seasoned estate planning attorney and Hope Connections board member, Gary D. Altman, will lead an informative discussion on estate planning, trusts, charitable giving, and much more! Topics include - What is a trust? Is it right for you or your heirs? How and when to work with an estate planning attorney? How is the most efficient way to do charitable giving? Should I use a CRT or a donor advised fund? When is it appropriate to review your estate plan? How often do laws change?

Caring for the Caregiver Caregiving is stressful, even on the best of days. Caregivers give so much, and they often neglect their own needs. Please join us to talk about the challenges caregivers face, and helpful strategies and tools that can lighten the load. We hope you will join us for this important discussion.

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.

Body of Water In partnership with Smith Center for Healing and the Arts, Body of Water is a chronology of love, loss, and reconciliation that follows Sara Nesson’s journey as a landlocked distance swimmer struggling to find the way home. Set on the rugged coastline of Northern California, the 25-minute monologue weaves lyric storytelling, myth, and sacred text. Playful and poignant, it is an homage to Sara’s aquatic nature, her passion for the wilderness, and a life altered by chronic illness. Sara’s performance will be accompanied by a conversation about longing, loss, hope, and healing. A discussion will follow, and we hope you will join us.

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.

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

Special Events



IT'S TOO COLD FOR SOUPER-BOWL IN JANUARY, TRY OUR ST. PATRICK'S POTLUCK IN MARCH INSTEAD!

Saint Patrick's Day party Potluck

MARCH 14TH
10100 LAUREATE WAY
BETHESDA, MD 20814
6:00 PM - 8:00 PM

BRING A DISH TO SHARE IF YOU'D LIKE, BUT DON'T LET THAT STOP YOU FROM COMING IF YOU DON'T FEEL LIKE COOKING

More Details To Follow



Save the date

EVENING OF FRIDAY JUNE 6TH

The 19th Annual Celebration of Hope Gala will once again be at our beautiful home in Bethesda!

Mark your calendars!

More details to follow.

Hope Connections
W. Scott Fungler House
10100 Laureate Way
Bethesda, MD 20814

PRESENTING SPONSOR
K&S King & Spaulding

OUR STAFF

Teresa Click Office Manager & Volunteer Coordinator teresa@hopeconnectionsforcancer.org	MIND/BODY INSTRUCTORS Johnette 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 Sherry Steine - Yin & Restorative Yoga for Wellness Charles Votaw - Tai Chi
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MY STORY

BY SARA CORCKRAN

Sept 30, 8 am – I woke up with a feeling of dread. Today there would be no morning dog walk, no exercise, no carpooling kids, no working, none of it. Nope, today I would be getting dressed in a shirt that has easy IV access; I would be sitting in a chemo chair, for hours, with my hands and feet in ice and no appetite.

Nov 7, 8 am – I woke up and took a deep breath, another day I'm breathing. Today I would be getting Chemo, thank goodness for modern medicine, the miracle of science that is helping me treat my cancer. Speaking of science, how amazing are those anti-nausea drugs? Yes, I feel queasy, but it could be much worse. My nurses are always so kind, and I know my phone will ring with people checking in. When I get home, I'll rest on the couch with my dog by my side.



I'm sure you noticed a difference in the two journal entries but let me put it to you in its simplest form. Although the days were basically the same; on Sept 30 I saw my day for what it was not, and on Nov 7th I saw my day for what it was. When you see your day for what it is, you are in a state of gratitude. The Journal of Psychometric Research shares that gratitude lowers cortisol levels (stress hormone) helping individuals manage anxiety and stress better. The question becomes how do we do it?

There are 3 keys to a successful gratitude practice,

1. The more details the better.
2. Consistency is key, like brushing your teeth, twice a day is necessary to see the impact.
3. Variety keeps it fresh and impactful, so switch up your practice.

If you're asking what practice? I have an old journal, but I haven't used it in years, you're in good company. Luckily, I have some great suggestions.

- Write gratitude letters to someone who has made a huge difference in your life or to someone who makes a small difference every day.
- Play gratitude ping-pong, spend five minutes going back and forth with someone saying what you're grateful for, no repeats, and remember to be specific.
- Implement a gratitude practice at your dinner table.
- Make a gratitude jar at home where everyone can write down things they are grateful for and designate a time to pull a few out and read them.
- Train yourself to think a grateful thought when you first wake up.
- Get a gratitude app on your phone.
- Keep a gratitude journal.
- Play gratitude 360 where every time you turn your body you see and say something you're grateful for.
- Reverse gratitude: Before bed, name 3 things you'll be grateful for tomorrow night.
- Can't sleep? Visualize, in as much detail as possible, things you were grateful for that day, and try to relive them in your body.

Gratitude isn't just practice; it's a mindset. Whether you're journaling, sharing, or reflecting, these small steps can transform even the hardest days into moments of grace. What will you be grateful for today?

For more tools like this, join the free 13-week micro-learning program:
bit.ly/heronsperspective.

Host Your Special Occasion For Hope Connections!

What is your birthday wish?

Our wish is to ensure that no one faces cancer alone. You can make your birthday even more memorable by hosting a birthday fundraiser in person or online to support those affected by cancer. Remember, no birthday is too big or too small to celebrate!

If you're active on Facebook, you've probably seen birthday fundraisers there. Facebook makes it easy to rally your friends and family to raise money for a cause that's important to you, and there's even a step-by-step guide to help you get started.

If you're not on social media, that's okay! You can still host your birthday fundraiser at home. Recently, two of our dedicated committee members celebrated milestone birthdays in style with Hope Connections.



A workout fundraiser – Why Not?!?

Throughout October, the staff at Orangetheory in Potomac celebrated Breast Cancer Awareness Month and selected Hope Connections as their beneficiary. Everyone had a fantastic time, and together they raised over \$9,000! Each rep and every donation contributed to providing free mind/body classes, support groups, and educational programs for those affected by cancer.

Or... Join us in walking and running to support Hope Connections!

Recently, a neighbor learned about our services and was so inspired that she organized her fellow neighbors to donate to Hope Connections during their annual Turkey Trot!

"We were happy to contribute to your organization. Thank you for spreading light!"



If you're interested in setting up a fundraiser or have another idea in mind, please contact Elena Gomez-Rey at elena@hopeconnectionsforcancer.org

Thank you for supporting Hope Connections!

Please note that 100% of the funds raised for Hope Connections go directly towards maintaining our programs, which are offered free of charge to our participants.

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PROGRAM CALENDAR

January – March 2025



W. Scott Funder 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!

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