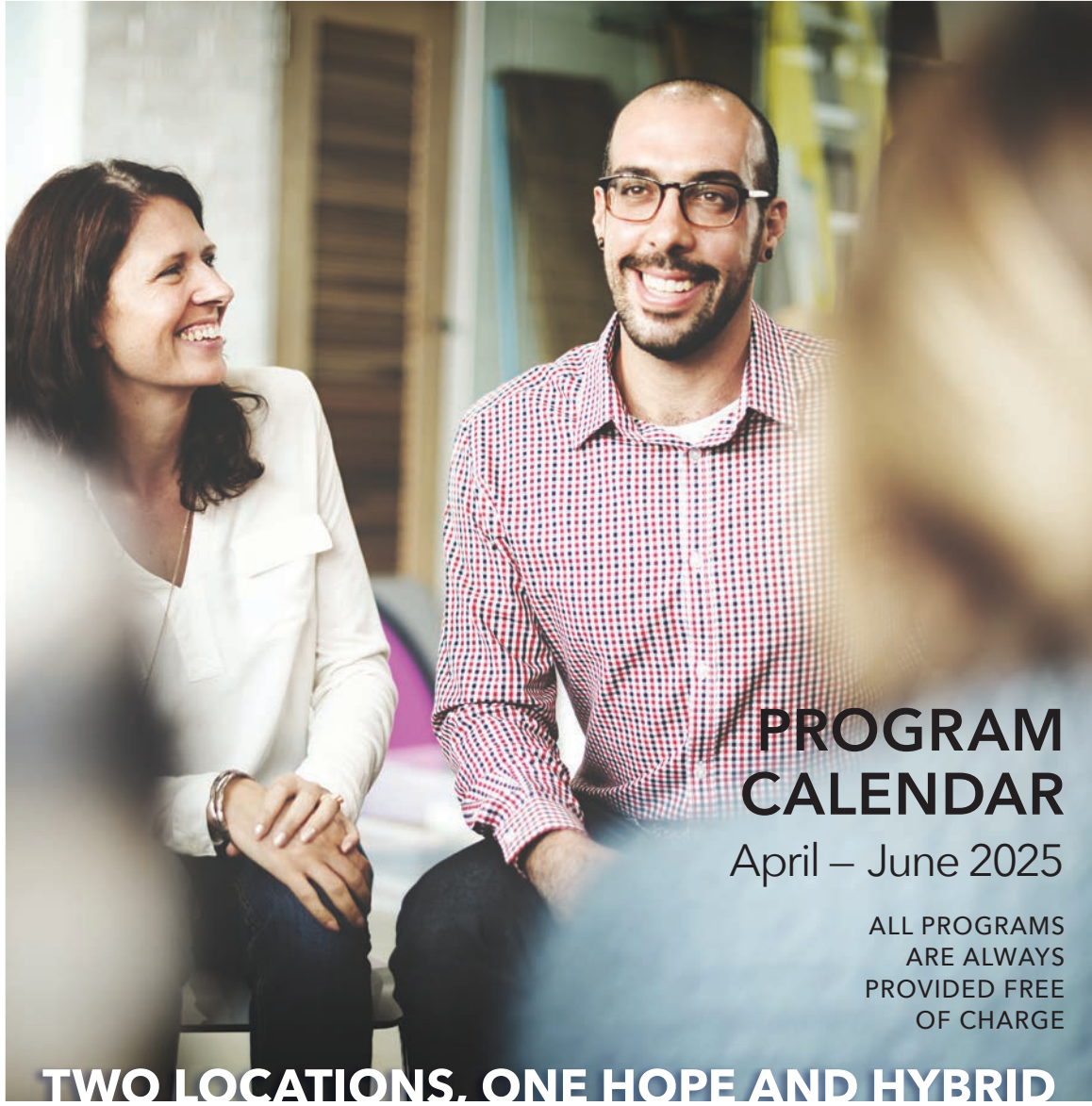




# Hope Connections

FOR CANCER SUPPORT



## PROGRAM CALENDAR

April – June 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](http://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\*
- 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
- Pilates
- Relaxation & Tranquility
- Sound Baths
- 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](mailto: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 April – June 2025

Closed: Memorial Day, Monday, May 26

\*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					
<b>SUPPORT</b>					
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		
Prostate Cancer Group				Monthly: 1st, 6:30-7:30 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	

<b>MIND-BODY (M-B)**</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		
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	
Pilates	Weekly: 12:30 pm			Weekly: 12:30 pm	
Relaxation & Tranquility					Bi-Monthly: 1st & 3rd 11:30 am
Sound Baths		2nd, 12:30-1:30 pm			
Strength & Balance					Weekly: 10:00 am
Stretch!			Weekly: 12:30 pm		
Tai Chi		Weekly: 10:00 am			
Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				

<b>EDU.***</b>					
Tools for Healing During & After a Cancer Diagnosis: Using EMDR as a Response to Trauma	4/7, 6:30-7:30 pm				
Love Thyself (In-Person Bethesda)			4/23, 6:00-7:30 pm		
Neuro-lymphatics: Supporting Wellness in Cancer and Beyond	4/28, 6:00-7:00 pm				
Special: Let's Dance: Salsa Dancing	5/5, 6:00-7:30 pm				
Easing Scanxiety through Hypnosis			5/28, 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 April – June 2025

Closed: Memorial Day, Monday, May 26

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION – Call for details					
<b>SUP.</b>					
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	
<b>M-B**</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	
Pilates	Weekly: 12:30 pm			Weekly: 12:30 pm	
Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				
<b>EDU.***</b>					
Cancer as an Opportunity for Growth			4/9, 6:30-7:45 pm		
Hot Topics for Young Adults You're Not Crazy: Cancer and Mental Health Workshop	5/12, 6:00-7:30 pm				
Tools for Embracing the Unknown: Managing Uncertainty and Anxiety in Cancer			6/11, 6:00-7:30 pm		
Nutrition: Understanding Gut Health During Cancer Treatment & Beyond			6/18, 6:30-7:30 pm		

## THE BILL HEARL EDUCATIONAL PROGRAM SERIES DESCRIPTIONS

A reservation is required for all educational programs. If you are new to Hope Connections, contact us at [info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org), or 301-634-7500.

**Tools for Healing During & After a Cancer Diagnosis: Using EMDR as a Response to Trauma** Eye Movement Desensitization and Reprocessing (EMDR) originally was developed as a treatment approach for post-traumatic stress disorder. An evidence-informed psychotherapy that targets emotional distress and associated physical symptoms, EMDR can help reduce the physical and emotional distress of cancer and side effects successfully. This presentation will focus on how EMDR works, its benefits, and how it can be useful to people who have been diagnosed with cancer.

**Cancer as an Opportunity for Growth** During this talk, participants will explore using cancer as an opportunity for growth. Grounded in resilience theory, discussion will surround how cancer can act as a pivotal point to realign priorities and integrate new identities. Reflective writing practices will help participants further delve into these concepts as well as growth after a cancer diagnosis.

**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).

**Neuro-lymphatics: Supporting Wellness in Cancer and Beyond** Cutting edge research is studying neuro-lymphatics - how the brain's ability to clear waste affects our thinking, immunity, brain health, and even aging. Join occupational therapist and certified lymphatic therapist Mara Levy in learning about the "glymphatic system", how brain fog and cancer pain may be related, and what you can do to support this important system.

**Hot Topics for Young Adults - 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.

**Easing Scanxiety through Hypnosis** Hypnosis has been shown to decrease pain, anxiety and stress as well as other symptoms related to cancer. Certified hypnoterapist Don Pelles will teach self-hypnosis techniques that will assist in the management of these symptoms, with the focus on "scanxiety" (feelings around upcoming scans and waiting for results).

**Tools for Embracing the Unknown: Managing Uncertainty and Anxiety in Cancer** Cancer brings not only physical challenges but emotional ones as well, especially when navigating the uncertainty of diagnosis, treatment, and survivorship. In this talk, we will explore practical tools and strategies for managing the anxiety and uncertainty that often accompany a cancer diagnosis. Drawing on psychological principles, mindfulness practices, and real-life examples, attendees will learn to foster resilience, reduce stress, and regain a sense of control in the face of the unknown. Whether you are a patient, caregiver, or loved one, this session will offer actionable insights for navigating the emotional landscape of cancer with greater ease.

**Nutrition: Understanding Gut Health During Cancer Treatment & Beyond** Cancer can wreak havoc on our digestive system. Isabella Nelson (registered dietician and oncology dietician specialist) will discuss ways to prepare for and cope with the challenges of active treatment and afterwards. Learn helpful tips and strategies.

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

## Special Events



**PLEASE JOIN US**  
We are thrilled to invite you to our home in Bethesda, Maryland, for a night of glamour, generosity, and great memories – all for a wonderful cause! Rock your favorite denim, add a touch of sparkle, or mix both for a look that's uniquely you, and enjoy music, themed cocktails, and an unforgettable atmosphere.

You'll hear from inspiring guest speakers, watch compelling mission videos, and have the chance to support us through paddle raising and bidding on amazing auction prizes.

**Friday, June 6th**  
VIP Cocktail Party 6:00 - 7:00 pm  
Dinner & Program 7:00 - 9:30 pm  
After Party 9:30 - 11:00 pm  
*Festive Attire*  
To donate or register visit:  
<https://bit.ly/HopeGala25>



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

PRESENTING SPONSOR  
Hope Connections FOR CANCER SUPPORT  
K&S King & Spalding

FOR ADDITIONAL INFORMATION, CALL 301-634-7500



**REGISTER TODAY**

19th Annual  
**GI Cancer Patient Summit**  
7.12.2025  
10:00 AM - 1:00 PM EST  
10100 LAUREATE WAY,  
BETHESDA, MD 20814

Disease-specific information and education for patients and families, along with tools for managing their cancer care.



Learn more at [bit.ly/GISummit25](http://bit.ly/GISummit25)

GEORGETOWN UNIVERSITY  
Lombardi Comprehensive Cancer Center  
RUSCH CENTER  
FOR CANCER CARE  
Hope Connections  
FOR CANCER SUPPORT



**SAVE THE DATE**

**SCOTT OGDEN 21ST ANNUAL DRIVE OUT CANCER**

**GOLF TOURNAMENT** Monday, October 6th, 2025  
Bethesda Country Club 11 AM - Shotgun Start

Includes: Brunch Buffet, Cocktail Reception, and Seated Dinner & Awards

PRESENTING SPONSOR: MIKE & AMY AQUILINO

## OUR STAFF

**Teresa Click**  
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[teresa@hopeconnectionsforcancer.org](mailto:teresa@hopeconnectionsforcancer.org)

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**Amy Weinberg**  
Development Director  
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**MIND/BODY INSTRUCTORS**

Johnnette Armstrong - 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  
Khaki Martin, Sound Baths  
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

**CLINICAL FACILITATORS:**

Nonie Akman, LCPC  
Natasha Dotrang, LCSW-C  
Chester McCoy, LCSW-C  
Stephanie Stern, LCSW-C  
Tom Sumser, LCSW-C

# MY HEALING JOURNEY: FROM SHOCK TO STRENGTH

BY ANITA SAAH



When I was diagnosed with High-Risk Multiple Myeloma at age 48, it felt surreal. I could hardly believe what I was hearing. In that moment, my world shifted, and everything I thought I knew about life seemed to fade away. I was terrified and in shock for what felt like an eternity. I couldn't fathom what was ahead, and for a long time, I felt completely adrift.

I remember the overwhelming sense of disbelief. One moment, life was normal, and the next, everything was uncertain. The hardest part wasn't just the diagnosis itself, it was the long period of fear and confusion that followed. The unknowns loomed large, and I was paralyzed by the constant "what ifs." The emotional toll was as heavy as the physical challenges that lay ahead.

For months, I struggled to find my footing. There were days when I was consumed by fear and others when I felt numb, pushing through treatment with as much strength as I could muster. I underwent chemotherapy and a stem cell transplant. While I am now in remission, my cancer is chronic. Even with the aggressive treatments I've endured, there's always the possibility it could return. In September, I made the difficult decision to stop maintenance treatment. But what I've learned is that healing isn't just about the treatment, it's about finding balance, strength, and peace, no matter what the future holds.

The support of a few close friends and family, as well as my therapist, has been instrumental in helping me through. My therapist referred me to Hope Connections, and I haven't looked back since. Their unwavering presence, along with the incredible community and resources at Hope, gives me the strength I need to keep going when I think I can't. With their support, I continue to discover a deeper strength within myself. I am learning to embrace the full range of emotions that come with my diagnosis. There are moments when the emotional weight feels unbearable, but slowly, I am facing the reality of my situation. By allowing myself to feel everything—the fear, sadness, and anger; I find moments of peace amidst the chaos.

One of the biggest shifts came when I realized that healing isn't just about physical recovery. It's also about healing emotionally and mentally. I've learned it's okay not to have all the answers and to lean on the support of others who understand. The more I allow myself to be open and vulnerable, the more I find strength in moments of uncertainty.

Looking back, the most significant part of my healing isn't just about fighting cancer. It's about rediscovering who I am beyond the diagnosis. It's about learning to trust my resilience, finding peace within myself, and allowing myself to grieve while also embracing hope.

The support of Hope Connections plays a vital role in this process. Their community, guidance, and programs keep me connected, grounded, and focused on healing, both physically and emotionally. The groups and educational programs I participate in provide ongoing strength and encouragement. I am deeply grateful for the people and resources that help me along the way.

Today, I feel stronger than I ever imagined.

# Thank You!

## THE FOLLOWING IS A LIST OF OUR MAJOR 2024 DONORS

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# PROGRAM CALENDAR

April – June 2025



W. Scott Funger 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](mailto:info@hopeconnectionsforcancer.org)

[hopeconnectionsforcancer.org](http://hopeconnectionsforcancer.org)