



Hope
Connections
FOR CANCER SUPPORT



PROGRAM CALENDAR

July – September 2025

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

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
- Functional Movement
- Gentle Yoga
- Guided Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- Pilates
- Relaxation & Tranquility
- Strength & Balance
- 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 July – September 2025

Closed: Thursday, July 4 & Monday, September 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: 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	

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		
	Functional Movement				Weekly: 10:00 am	
	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		
	Pilates	Weekly: 12:30 pm			Weekly: 12:30 pm	
	Relaxation & Tranquility					Bi-Monthly: 1st & 3rd 11:30 am
	Strength & Balance					Weekly: 10:00 am
	Tai Chi		Weekly: 10:00 am			
	Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				

EDU.***	Special Event: GI Cancers Patient Summit (In-Person/Bethesda) Saturday, 7/12, 10:00 am–1:00 pm					
	The Nuts and Bolts of Men’s Pelvic Health After a Cancer Diagnosis	7/21, 6:30–7:30 pm				
	Special Event: Participant Cookout (In-Person/Bethesda) Saturday, 9/6					
	Hot Topics for Young Adults You’re Not Crazy: Cancer and Mental Health Workshop		9/16, 6:00–7:30 pm			
	Bladder Cancer Update with NIH Physicians			9/17, 6:00–7:30 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 July – September 2025

Closed: Thursday, July 4 & Monday, September 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		
	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	
	Pilates	Weekly: 12:30 pm			Weekly: 12:30 pm	
	Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				
EDU.***	Cancer Related Fatigue, Yes, It’s Real!	7/14, 6:30–7:30 pm				
	Talking with Kids About Cancer: An Educational Program for Adults	9/8, 12:00–1:00 pm				
	Death & Dying Conversations	9/15, 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, or 301-634-7500.

The Nuts and Bolts of Men’s Pelvic Health After a Cancer Diagnosis

This presentation will explore the common symptoms that affect men following a cancer diagnosis. Treatments such as chemotherapy, radiation, and surgery can have a significant impact on the pelvic region. We will cover how conditions like prostate, colorectal, bladder, testicular, and orthopedic pelvic cancers can influence pelvic health. Additionally, we’ll discuss how cancer treatments—regardless of type— can lead to side effects that impact bowel, bladder, and sexual function. Men’s pelvic health physical therapy offers valuable support before, during, and after treatment, helping you optimize your well-being and mobility throughout your cancer journey.

Talking to Kids About Cancer

Paula Ernst, LMSW will explore what children understand and experience at different ages, tips for having a good conversation, resources for helping your child thrive through this time, and more.

Bladder Cancer Update with NIH Physicians

Elias Chandran, MD and Raju Chelluri, MD (physicians with the Center for Cancer Research, National Cancer Institute) will discuss medical treatment options for bladder cancer (including, muscle invasive bladder cancer and metastatic bladder cancer). They will also address medical questions and concerns.

Death & Dying Conversations

Dr. Anna Maria Izquierdo-Porrera , MD, PhD Officer with Montgomery Hospice, will be joining us to discuss what hospice is and how to approach difficult conversations. This will be an open discussion. We hope you will join us for these important (and not always heavy) conversations.

Cancer Related Fatigue

Yes, Cancer-Related Fatigue is Real, and it can be all consuming and distressing. Dr. Jessica Engle, D.O who is the Assistant Professor of Physical Medicine and Rehabilitation at the Johns Hopkins University School of Medicine, will help us to better understand this common condition as well as provide some helpful strategies and tools. We hope you will join us!

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

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

Special Events

SAVE THE DATE





SCOTT OGDEN 21ST ANNUAL DRIVE OUT CANCER

GOLF TOURNAMENT

 Monday, October 6th, 2025

 11 AM – Shotgun Start

 Bethesda Country Club

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

PRESENTING SPONSOR: MIKE & AMY AQUILINO





ANNUAL COMMUNITY HEALTH FAIR



SATURDAY, OCTOBER 25 11 AM–3 PM

TANGER OUTLETS–NATIONAL HARBOR 6800 Oxon Hill Rd, National Harbor, MD 20745





Facebook Birthday Fundraisers

Dedicate your special occasion to Hope Connections on Facebook - Ask Us How!



OUR STAFF

Teresa Click Office Manager & Volunteer Coordinator teresa@hopeconnectionsforcancer.org	MIND/BODY INSTRUCTORS Johnnette Armstrong – Pilates Larry Bricker - Relaxation & Tranquility Yael Flusberg - Guided Meditation Marcela Garro - Functional Movement Judy Goldstein - Expressive Art 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
Elena Gomez-Rey Senior Operations Manager elena@hopeconnectionsforcancer.org	CLINICAL FACILITATORS: Nonie Akman, LCPC Natasha Dotrang, LCSW-C Chester McCoy, LCSW-C Stephanie Stern, LCSW-C Tom Sumser, LCSW-C
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	

EMDR: A TOOL FOR HEALING FOR PEOPLE WITH CANCER

BY YVETTE COLÓN, PHD, MSW

Eye movement desensitization and reprocessing (EMDR) was originally developed as a psychotherapy for posttraumatic stress disorder by psychologist Francine Shapiro, Ph.D., after her own cancer diagnosis. It is a culturally adaptable, evidence-based approach that can reduce the physical and emotional distress of serious illness and treatment side effects successfully.

People may go through traumatic events related to cancer diagnosis and treatment, but they also can come with a lifetime of experiences that may include suffering and trauma from adverse events other than cancer. Research studies show evidence that EMDR can reduce the physical and emotional distress of cancer and side effects successfully.

It incorporates an adaptive information processing (AIP) model, based on the idea that psychological distress is a result of maladaptive encoding or incomplete processing of traumatic or disturbing events or adverse life experiences. The unprocessed experiences are stored in the emotional part of the brain; when something happens in the present to activate the stored experiences, they feel as if they are happening now, leading to what appears to be an overreaction. The body's response to stress is to activate "fight, flight, freeze, or fawn" responses in order to keep itself safe.

Individuals may experience profound cancer-related distress, such as the moment of diagnosis, difficult surgery or treatment, pain or physical limitations, ways in which cancer and treatment negatively affect current life, fear or anxiety about the future fear of recurrence, and/or negative experience with providers. EMDR identifies crucial target memories and can examine each stage of the cancer experience to help in understanding the relationship between body and mind. Shapiro hypothesized that EMDR therapy facilitates the accessing of the traumatic memory network so that information processing is enhanced, with new associations developed between the traumatic memory and healthier responses or reactions.

Other events in life may trigger these unprocessed memories. When similar experiences occur, they link to the unprocessed negative memories, and feelings and sensations arise so it feels like it is happening in the present. Identifying and recalling distressing or traumatic events and diverting attention from their emotional consequences can reduce or relieve emotional stress. Bilateral stimulation (eye movements, auditory tones, or tactile stimulus, rhythmically alternating between the left and right sides of the head or body) is used to reprocess the distressing memory, causing an adaptive shift in the memory that then creates room for change. New associations between the traumatic memory and resulting emotional distress are developed and can then be enhanced. This allows patients to take better control of their upsetting thoughts and feelings.

EMDR therapy is an eight-phase treatment. The therapy processes all related historical events, current incidents that elicit distress, and future events that will require different responses. Attention is paid to emotional coping skills, ability to self-regulate, vulnerability to traumatic/disturbing experiences, and triggers that lead to re-experiencing cancer-related distress.

EMDR therapy is a complex and extremely useful treatment approach that requires careful training and application. It is very different than traditional talk therapies. To find a practitioner, use the EMDR International Association Directory at <https://www.emdria.org/find-an-emdr-therapist/>.



Hope Chest Boutique

Located at our Bethesda location and open every Wednesday from 10 AM to 4 PM. Plus one Saturday each quarter!



You never know what treasure you'll find at our Hope Chest Boutique until you walk out looking like a million bucks (without spending it!).

We offer a curated selection of women's seasonal clothing, accessories, handbags, and more, new or gently loved. Whether you're dressing for a gala, brunch, or anything in between, there's always a one-of-a-kind find waiting for you. Just ask Beth, who spotted the perfect gown on a mannequin at our Gala and wore it that very night!

All proceeds support our mission to help people with cancer cope with the emotional and physical impact of the disease.

Questions about the Boutique or how to donate?
Email us at info@hopconnectionsforcancer.org



BOARD OF DIRECTORS

Colette Magnant, MD, FACS, Chair
Retired

Abigail Bortnick, Vice Chair
Leidos

Katey Grogan, Chair Emeritus
K&G Enterprises

Joshua Aronson, Treasurer
Community Realty
Company, Inc.

Jim Bortz - Secretary
S Freedman & Sons
of Landover

Michael Aquilino
Retired

Larry Bricker
Hope Connections
for Cancer Support

Pam Clark
Clark Concepts

Patrick Cotherman
Ameriprise Financial
Services, LLC

Kristi Devlin Delovitch
Winebow

Holly Fungler, LCSW-C
All Points North Lodge

Kevin Gaughan
EagleBank

Leah Grossi
King & Spalding

Maureen Hearl
Retired

Amy Holland
Retired

Steve Katz
Long & Foster

Cathy Kwart
Artist

Elise Simmons
Adobe

Eva Temkin
Arnold & Porter

Mary K. McCusker
President & CEO
Hope Connections
for Cancer Support

MEDICAL ADVISORY BOARD

Manish Agrawal, MD
Sunstone Therapies

Chile Ahaghotu, MD, MBA, EMHL, FACS
MedStar Southern Maryland Hospital Center

Andrea B. Apolo, MD
National Cancer Institute

Melissa Camp, MD
Johns Hopkins University Hospital

Kashif A. Firozvi, MD
Maryland Oncology Hematology

Christopher Gallagher, MD
Chief Medical Officer
miRoncol

Anu Gupta, MD
Cancer Center at Gaithersburg

Regina Hampton, MD
Medical Director
Breast Care Center /
Doctors Community Hospital

Laurie Herscher, MD
Medical Director of the Integrative Medicine
Program at the Aquilino Cancer Center

Patricia Horning PT, DPT, CLT, CDNT
NovaCare Rehabilitation

Claudine Isaacs, MD
Professor of Medicine and Oncology
Associate Director of Clinical Research and
Leader of Clinical Breast Cancer Program
Georgetown Lombardi Comprehensive Cancer Center

Rebecca Kaltman, MD
Inova Health System

Jeffrey Y. Lin, MD
Sibley Memorial Hospital

Stephen Liu, MD
Thoracic Medical Oncology
Lombardi Comprehensive Cancer Center

John L. Marshall, MD
Physician Executive Director MedStar
Washington DC Integrated Hematology
Oncology Division

Meghan Milburn, MD, FACS
Anne Arundel Medical Center,
Fortney Breast Center

Dr. Elizabeth Nichols
University of MD, School of Medicine

Elizabeth Pfaffenroth, MD
Kaiser Permanente

Inger Rosner, MD
Inova Health System

Frederick P. Smith, MD
Medical Oncologist

Sandra M. Swain, MD
Georgetown University Medical Center

PROGRAM CALENDAR

July – September 2025



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
hopeconnectionsforcancer.org