



Hope Connections

FOR CANCER SUPPORT



PROGRAM CALENDAR

January –
March 2026

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

MONTHLY SUPPORT GROUPS:

- Bladder Cancer*
- Blood Cancers*
- Gastrointestinal Cancers*
- Lung Cancer
- Rhonda Oziel (OGCC/Rhonda's Club Founder) Ovarian/GYN Cancers Group
- Prostate Cancer
- Young Adults with 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
- Core & More
- Expressive Art
- Expressive Writing
- Functional Movement
- Gentle Yoga
- Guided Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- Pilates
- Relaxation & Tranquility
- Sound Baths
- 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 January – March 2026

Closed: January 1, January 19 and February 16

*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
	Lung Cancer Group (Starting in February)			Monthly: 1st, 6:30-7:30 pm	
	Prostate Cancer Group				Monthly: 1st, 6:30-7:30 pm
	Rhonda Oziel (OGCC/Rhonda's Club Founder)	Monthly: 2nd, 12:30-1:30 pm			
Ovarian/GYN Cancers Group					
Young Adults with Cancer Group				Monthly: 2nd, 6:30-8:00 pm	

MIND-BODY (M-B)**	Acupuncture		Drop-In Monthly: 1st, 12:30-2:00 pm		
	Chair Yoga		Weekly: 11:30 am		
	Connecting with Nature				Bi-Monthly: 1st & 3rd, 10:30 am
	Core & More			Bi-Monthly: 1st & 3rd 1:30 pm	
	Expressive Art			Bi-Monthly: 2nd & 4th 1:30 pm	
	Expressive Writing				Monthly: 1st, 3:00 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
	Relaxation & Tranquility				Bi-Monthly: 1st & 3rd 11:30 am
	Sound Baths		Monthly: 2nd, 1:00 pm		
	Strength & Balance				Weekly: 10:00 am
Tai Chi		Weekly: 10:00 am			
Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				

EDU.***	Advancing Hope: Understanding Clinical Trials and Their Benefits			1/21, 6:30-7:30 pm	
	San Antonio Breast Cancer Symposium Update			1/28, 6:30-7:45 pm	
	Tools for Embracing the Unknown: Managing Uncertainty and Anxiety in Cancer			2/4, 6:30-7:30 pm	
	Special: Young Adult Social Night Sunday, 3/8, 5:30-7:30 pm (In-Person/Bethesda)				
	Finding Your Joy & Power	3/9, 6:30-7:30 pm			
	Saint Patrick's Day Social				3/13, 6:00-8:00 pm
	Death & Dying Conversations with Dr. Izquierdo			3/19, 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 2026

Closed: January 1, January 19 and February 16

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	
	Lung Cancer Group (Starting in February)			Monthly: 1st, 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
	Pilates				Weekly: 12:30 pm
	Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm			
EDU.***	Power Up with Plants: Everyday Nutrition During and After a Cancer Diagnosis			1/14, 6:30-7:30 pm	
	Connecting with Nature Indoors			2/11, 6:30-7:30 pm	
	Cancer Related Cognitive Changes	2/23, 6:30-7:30 pm			
	Rebuilding: Seven Building Blocks for Well-Being Through the Cancer Journey			3/11, 6:30-7:30 pm	
	Understanding CAR-T Therapy			3/18, 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, or 301-634-7500.

Power Up with Plants: Everyday Nutrition During and After a Cancer Diagnosis Join a registered dietitian to explore how plant-forward eating can support your strength, energy, and overall well-being during and after cancer treatment. Learn practical tips, simple meal ideas, and evidence-based strategies to nourish your body every day.

Advancing Hope: Understanding Clinical Trials and Their Benefits Learn what clinical trials are, how they work, and the potential benefits they offer for patients and future treatments. Participants will explore key concepts such as trial phases, safety protocols, informed consent, and ethical oversight. The program also explains the real-world benefits of clinical research.

San Antonio Breast Cancer Symposium Update Dr. Jeni Sheng, Assistant Professor in the Department of Oncology at the Johns Hopkins University School of Medicine and Medical Oncologist at the Johns Hopkins Sibley Memorial Hospital, will provide an overview of the latest findings in treatment, and research, from the 2025 San Antonio Breast Cancer Symposium.

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.

Connecting with Nature Indoors 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.

Cancer-Related Cognitive Changes Learn how cancer and its treatments can affect memory, focus, and thinking, and explore practical strategies to manage these cognitive changes in daily life.

Finding Your Joy & Power It has been proven that attitude can impact your Cancer journey in a positive way. While busy doctors may seem to overlook the power of joy, you can take charge of that, on your own or with friends. Finding your joy will help you exercise your power: your power to speak up when needed, to advocate for yourself, and to keep track of the things that need to be communicated to your medical providers. Cathy Fink & Marcy Marxer, Breast Cancer Survivors and GRAMMY-winning artists, will lead us in a discussion and songs that remind us to find our joy and use our power while living through a Cancer diagnosis.

Rebuilding: Seven Building Blocks for Well-Being Through the Cancer Journey A supportive, expert-led workshop designed for people living with cancer in all stages, as well as survivors and caregivers. Drawing from her research in longevity and her lived experience as a cancer survivor, Donatella offers a gentle, non-prescriptive introduction to seven pillars that support physical, emotional, and social well-being during and after treatment.

Understanding CAR-T Therapy This presentation will provide a simple overview of CAR-T therapy, a personalized immunotherapy used for certain blood cancers, and being studied for other cancers too. Led by a registered nurse and cell therapy educator from Legend Biotech, this non-branded, patient-focused talk will explain what CAR-T therapy is, when it may be used, how it works, what to expect during treatment, how side effects are managed, and the important role of care partners. The talk will end with a helpful Q&A and group discussion.

Death & Dying Conversations Dr. Anna Maria Izquierdo-Porrera, MD, PhD, will join us for a thoughtful conversation about finding comfort and meaning at the end of life, and how to navigate difficult but important discussions. This will be an open and supportive discussion. We hope you'll join us for these meaningful (and not always heavy) conversations.

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

New PROGRAMS

NEW MIND/BODY CLASS

CORE & MORE

This class focuses on building core strength, improving balance and flexibility, and supporting overall well-being. Exercises can be adapted to meet different energy levels and abilities.

1ST & 3RD WEDNESDAYS
FROM 1:30-2:30 PM

For more information, please email us at info@hopeconnectionsforcancer.org

Lung Cancer Group

1st Wednesday of the Month
6:30 – 7:30 pm, via Zoom
Starting Wednesday, February 4

Join our new professionally facilitated support group

Learn new ways of coping and connect with others who are going through a similar experience

For more information, please reach out to us at info@hopeconnectionsforcancer.org

SOUND BATHS

WITH CRYSTAL QUARTZ ALCHEMY BOWLS
2nd Tuesdays (1:00-2:00 PM) Virtual Only

Sound baths is a calming, non-invasive practice that uses the soothing tones of crystal quartz alchemy bowls to support deep relaxation and emotional comfort. These bowls are made from pure quartz crystal and infused with minerals and gemstones, creating rich vibrations that are felt throughout the body.

Sound Baths is a complementary wellness practice and does not replace medical care or counseling. It simply offers moments of stillness, comfort, and connection when they are needed most.

For cancer patients, their loved ones, and those in bereavement, sound healing offers a peaceful space to rest, release stress, and gently process emotions. The vibrations help calm the nervous system, ease anxiety, and bring a sense of support during difficult times.

For more information, please email us at info@hopeconnectionsforcancer.org

OUR STAFF

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MIND/BODY INSTRUCTORS

Johnette Armstrong - Pilates
Larry Bricker - Relaxation & Tranquility
Tomica Carter - Core & More
Amy Jo DiGiovanni - Sound Bath Practitioner Yael Flusberg - Guided Meditation
Marcela Garro - Functional Movement
Judy Goldstein - Expressive Art
Tierra Hardin - Acupuncture
Marlene Hayman - Katy's Book Club
Pam Mathison Levitt - Expressive Writing
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 STORY

BY PAM MATHISON LEVITT

In January 2025, I rang in the New Year with a diagnosis of Stage 1 Invasive Ductal Carcinoma in my right breast. Coming off over a decade of struggles with chronic health conditions, I was surprised by how my experiences compared to my experience as a cancer patient.

My first appointment as a cancer patient was an intake with a Nurse Navigator who proffered a binder of information including what to expect with different forms of treatment, complementary treatment referrals, and contact information for Hope Connections. This was vastly different from the confusion of my three-year chronic health diagnostic odyssey involving hundreds of specialist appointments, dozens of inconclusive tests, and two trips to Mayo Clinic. It is difficult to have a frame of reference for something you haven't experienced, and ten years ago, most people, including the average physician, did not have experience with my chronic health conditions. Unfortunately, many people have personal or adjacent experience to cancer, and so I found myself receiving encouragement, care, and offers of advice from my community. As a homeschool mom of a teen and tween, I knew I needed support to be strong for my children.

What is similar about both of my health journeys are the impacts to daily life. Embarking upon a lumpectomy, a course of Accelerated Partial Breast Radiation and now five years of endocrine therapy, felt like beginning a marathon without training. The flow of cancer information, as my friend and fellow cancer survivor, Aimee described it, "is like drinking water through a fire hose." I decided to reach out to Hope Connections to connect with others navigating breast cancer through the breast cancer support group. In this group, I was able to express the complicated emotions that accompany a cancer journey while exchanging mutual support with other cancer patients going through similar experiences. It was such a relief to feel understood and less alone as I formed connections with others. In my group, I was supported in seeking second opinions that made me feel more confident in my care, we shared hacks for healing (books, bra tips, and ointment suggestions), and I was encouraged to listen to my body and trust in myself to make appropriate care decisions.

In addition to my cancer support group, I leaned into my supportive spouse, my faith practices, and finally, my writing practice. I am a published and Pushcart nominated poet and essayist who has relied upon my writing for healing while coping with all of my health issues. Expressive writing, including journaling, can give space to explore complex feelings, grieve, practice gratitude, and chronicle a time in your life. I'm happy to say that I am now offering monthly sessions on Expressive Writing for Healing through Hope Connections. The virtual sessions will take place on the first Thursday of each month from 3:00-4:00 pm and are open to all Hope Connections participants. All levels of writing abilities are welcomed. I hope you will join me in healing. You can also find me on Instagram @pmmlevitt or Facebook at Lines and Branches.



HOST WITH HOPE

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!



Local business looking to give back?

Consider supporting Hope Connections by sharing a portion of your revenue with us. Hope is always looking to recommend services of benefit to our participants and is happy to promote our philanthropic partners.

In 2025, multiple local businesses donated their event earnings to Hope Connections to support our mission!

Have an idea for your team to support us in 2026? Let us know - we'd love to help make it happen!



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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Georgetown University Medical Center

PROGRAM CALENDAR

January – March 2026



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!

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info@hopeconnectionsforcancer.org
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