



Hope Connections

FOR CANCER SUPPORT



PROGRAM CALENDAR

July – September 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 provides support to people who have been diagnosed with cancer, along with their caregivers and those who are grieving the loss of a loved one to cancer. We offer support groups, mind-body classes, and educational programs. All our services are professionally facilitated and free of charge. As a nonprofit cancer organization, we are dedicated to providing support and community so that individuals do not have to navigate the stress of a cancer diagnosis alone.

All programs are available to anyone affected by cancer regardless of diagnosis, stage, income, race, religion, sex, sexual orientation, gender identity, or where they receive 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
- 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
- Reiki & Energy Healing
- 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 July – September 2026

Closed: Friday, July 3 & Monday, September 7

*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* (please call)					
Lung Cancer Group			Monthly: 1st, 6:30-7:30 pm		
Prostate Cancer Group				Monthly: 1st, 6:30-7:30 pm	
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	
Reiki and Energy Healing (starting in September)		Monthly: 3rd, 1:00 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				

EDUCATIONAL					
Picture Yourself Healthy: Creating a Vision of Health (In-Person/Bethesda)			7/15, 6:30-8:00 pm		
Special Event: GI Cancers Patient Summit Saturday, 7/25, 10:00 am-1:00 pm (In-Person/Bethesda)					
Special Event: Participant Cookout Saturday, 9/26, 12:00-2:00 pm (In-Person/Bethesda)					
Scanxiety: Finding Calm in Times of Uncertainty			9/30, 7:00-8:00 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 2026

Closed: Friday, July 3 & Monday, September 7

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			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.***					
The Importance of Physical Therapy and Exercise During and After Cancer Treatment			9/16, 7:00-8:00 pm		
The Healing Power of Creativity	9/21, 6:30-7:45 pm				
Everyday Nutrition During and After Cancer Treatment			9/23, 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.

Picture Yourself Healthy: Creating a Vision of Health
This In-Person Session (Bethesda) invites participants to use imagery and reflection to explore a personal vision of health and well-being. Through creative exercises, the focus is on cultivating hope, strengthening resilience, and connecting with a personal sense of meaning and possibility during and after treatment.

The Importance of Physical Therapy and Exercise During and After Cancer Treatment
Patricia Horning, a physical therapist specializing in oncology rehabilitation, will discuss the vital role that physical therapy and exercise can play during and after cancer treatment. Learn how movement can help manage treatment-related side effects, improve strength, mobility, and endurance, reduce fatigue, and enhance overall quality of life. This informative session will also provide practical strategies for staying active safely and demonstrate how exercise can support recovery, resilience, and long-term wellness.

The Healing Power of Creativity
Discover how creative expression can support emotional well-being, reduce stress, and foster resilience throughout the cancer journey. This interactive session will explore simple expressive arts practices that can help participants process emotions, find meaning, and cultivate connection, hope, and healing. We hope you will join us.

Everyday Nutrition During and After Cancer Treatment
Learn practical, evidence-based nutrition strategies to support your health during and after cancer treatment. This session will explore how everyday food choices can help manage treatment side effects, promote recovery, maintain strength and energy, and support long-term wellness.

Scanxiety: Finding Calm in Times of Uncertainty
Waiting for scans and test results can be one of the most stressful parts of the cancer journey. This session will explore the emotional impact of scanxiety and offer practical coping strategies, mindfulness techniques, and tools to help manage anxiety, navigate uncertainty, and find greater peace during the days leading up to and following scans.

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

Special Events

REGISTER TODAY

11th Annual
GI Cancer Patient Summit

7.25.2026
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/GISummit26

TEST YOUR KNOWLEDGE!

TRIVIA NIGHT

SUNDAY, AUGUST 16
DOORS: 6 PM – TRIVIA: 7 PM

\$20 IN ADVANCE / \$25 AT THE DOOR
\$100 CASH PRIZE

GIVE A HOOT COMEDY CLUB

16143 Shady Grove Rd, Gaithersburg MD 20877
Free parking

JOIN US!

SCOTT OGDEN 22ND ANNUAL
DRIVE OUT CANCER

GOLF TOURNAMENT

Monday, October 5th, 2026

11 AM – Shotgun Start

Bethesda Country Club

To Register, Visit: bit.ly/driveoutcancer26

OUR STAFF	
<p>Teresa Click Senior Office & Volunteer Manager teresa@hopeconnectionsforcancer.org</p> <p>Elena Gomez-Rey Director of Operations elena@hopeconnectionsforcancer.org</p> <p>Vanessa Homsani Operations & Program Coordinator vanessa@hopeconnectionsforcancer.org</p> <p>Mary K. McCusker President and CEO mary@hopeconnectionsforcancer.org</p> <p>Stephanie Stern, LCSW-C Program Director stephanie@hopeconnectionsforcancer.org</p> <p>Jill Walling Director of Development jill@hopeconnectionsforcancer.org</p>	<p>MIND/BODY INSTRUCTORS</p> <p>Johnette Armstrong – Pilates Aoife Baxter – Sound Bath Larry Bricker – Relaxation & Tranquility Tomica Carter – Core & More Yael Flusberg – Guided Meditation Marcela Garro – Functional Movement Judy Goldstein – Expressive Art Tierra Hardin – Acupuncture Marlene Hayman – Katy's Book Club vanessa@hopeconnectionsforcancer.org Amy Morrison – Gentle Yoga Carole Moskowitz – Strength & Balance Mary Pappas-Sandonas – Reiki and Energy Healing Don Pelles – Hypnosis For Symptom Reduction Sherry Steine – Yin & Restorative Yoga for Wellness Charles Votaw – Tai Chi</p> <p>CLINICAL FACILITATORS:</p> <p>Nonie Akman, LCPC Natasha Dotrang, LCSW-C Chester McCoy, LCSW-C Stephanie Stern, LCSW-C Tom Sumser, LCSW-C</p>

MY STORY

BY TRUDIE CUSHING

Becoming a volunteer at Hope Connections has always felt like just the right place for me to be! Most of my career in health care was in Oncology, so being with cancer patients was where I felt I could be helpful and productive. I must admit I didn't choose to go into Radiation Oncology for altruistic reasons. I was a public health nurse, moved to a new city and wanted a job with weekends off. I answered an ad for a nurse to work in "radiation therapy", Monday to Friday. I had my degree in nursing but became certified in radiation therapy technology, and there I stayed for over 40 years.



I was frequently asked if it was depressing to work with cancer patients. It never was. There were patients who made me laugh and who made me cry. In radiation oncology, your patients come in everyday, some for 6 or 7 weeks, so you really develop a relationship. You shared a part of their lives when they were experiencing probably some of their toughest moments. You hoped they felt well enough to get to that relative's wedding over the weekend; you hoped the new wig really made them feel great; you prayed their sore mouth felt better after the magic mouthwash. You cheered, laughed, and cried together on the last day of treatment. You were thrilled when they arrived for that first follow up...feeling so much better after the side effects subsided.

Then, one day, following an abnormal mammogram, I was the patient. Radiation oncology is a small world, so I knew many of the staff treating me, making it an easy journey. I also knew I had a favorable prognosis and, 18 years later, I'm still cancer free! The same year, my husband developed colon cancer. Fortunately, he only needed surgery and years of follow-up. Every six-month scan was that roller coaster of anxiety followed by incredible joy and relief at the words "no evidence of disease". Almost 10 years later, the cancer came back in his liver. We went through almost a year of surgery and chemotherapy. It was tough, but we always had that one special ingredient, HOPE. I didn't know much about Hope Connections then but wished I had. It's been 10 years since his liver metastasis diagnosis. Physically, he is doing well but now struggling with dementia, where my only Hope is that he's comfortable, well cared for, and maybe recognizes the sound of my voice.

I have treated patients, taught students, and managed an accreditation program that ensured high-quality care in radiation oncology departments. Now, I am so grateful to be a Hope Connections volunteer. I love meeting the participants - hearing their stories, witnessing their bravery and watching them feel the warmth and comfort offered by this welcoming house. My time at Hope is a gift to me. Hope has given me a remarkable opportunity to continue to give, to have a purpose and to meet amazing staff, cancer participants, and volunteers.

VOLUNTEERING CHANGES LIVES, INCLUDING YOURS.

When you volunteer, you're not just giving your time. You're investing in your own well-being while making a meaningful difference for local cancer patients and their families.

Research shows that volunteering can reduce stress, boost happiness, increase your sense of purpose, and strengthen social connections. It keeps you active, introduces you to new friends, and reminds you that even small acts of kindness can have a lasting impact.



At Hope Connections, there's a place for everyone. Whether you enjoy working events, meeting people, helping in the office, gardening, wrapping gifts, or serving at community health fairs, your talents can make someone's cancer journey a little easier.

You don't need special skills, just a caring heart and a few hours to share.

**Feel better. Meet great people. Make a difference.
Volunteer with Hope Connections.**

When you volunteer with Hope Connections, you're not just helping people facing cancer. You're building friendships, finding purpose, and becoming part of a community that lifts each other up.

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PROGRAM CALENDAR

July – September 2026



W. Scott Fungler 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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