



Hope
Connections
FOR CANCER SUPPORT

PROGRAM CALENDAR

January –
March
2021



ALL PROGRAMS ARE
ALWAYS PROVIDED
FREE OF CHARGE

TWO LOCATIONS, ONE HOPE AND NOW VIRTUAL

10100 Laureate Way
Bethesda, MD 20814
301-634-7500

Carrollton Corporate Center
8401 Corporate Drive, Suite 100
Landover, MD 20785
240-714-4744



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

SUPPORT GROUPS

WEEKLY SUPPORT GROUPS:

- Advanced Cancer
- All Cancers
- Bereavement
- Caregivers
- Newly Diagnosed

BI-MONTHLY SUPPORT GROUPS:

- Metastatic Breast Cancer
- Ovarian/GYN Cancers
- Young Adults with Cancer

MONTHLY SUPPORT GROUPS:

- Bladder Cancer*
- Blood Cancers*
- Breast Cancer
- Gastrointestinal Cancers*
- Prostate Cancer

*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.

MIND-BODY CLASSES**

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

- Gentle Yoga
- Guided Mindfulness Meditation
- Hypnosis for Symptom Reduction
- Inner Peace & Healing
- Katy's Book Club
- Knitting, Stitch & Chat
- Mind/Body Boxing
- Pink Ribbon Pilates
- Relaxation & Tranquility
- Strength & Balance
- Tai Chi

EDUCATIONAL PROGRAMS***

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. Please RSVP at info@hopeconnectionsforcancer.org or 301-634-7500.

BETHESDA - Virtual January – March 2021

Monday, January 18 & Monday, February 15
All locations closed.

*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: 6:30-7:30 pm		Weekly: 10:30-11:30 am	
Bladder Cancer Group*				Monthly: 3rd, 6:00-8:00 pm	
Blood Cancers Group*				Monthly: 1st, 6:30-7:30 pm	
Breast Cancer Group		Monthly: 1st, 6:30-7:30 pm			
Caregivers Group			Weekly: 6:30-7:30 pm	Weekly: 12:00-1:00 pm	
Gastrointestinal Cancers Group*				Monthly: 4th, 6:30-7:30 pm	
Metastatic Breast Cancer Group		Bi-Monthly: 2nd 6:30-7:30 pm		Bi-Monthly: 3rd 6:30-7:30 pm	
Newly Diagnosed – Call for details					
Ovarian/GYN Cancers Group	Bi-Monthly: 2nd & 4th 12:30-1:30 pm				
Young Adults with Cancer Group				Bi-Monthly: 2nd & 4th 6:30-7:30 pm	

MIND-BODY (M-B)**					
Boxing	Weekly: 6:30-7:30 pm				
Gentle Yoga	Weekly: 10:00 am & 11:15 am	Weekly: 12:00 pm	Weekly: 10:00 am & 11:15 am		
Guided Mindful Meditation					2nd & 4th 11:30 am
Hypnosis For Symptom Reduction				Monthly: 1st 10:30 am	
Inner Peace & Healing		Weekly: 10:00 am			
Katy's Book Club			Monthly: 1st 2:00 pm		
Knitting, Stitch & Chat					Weekly: 10:30 am
Pink Ribbon Pilates	Weekly: 12:30 pm		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: 11:30 am			

EDU.***					
Breast Cancer Symposium Update			1/27, 6:30-7:30 pm		
Hot Topics for Young Adults: Managing Relationships with Family and Friends			2/24, 6:15-7:45 pm		
Medical Marijuana		3/30, 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 - Virtual January – March 2021

Monday, January 18 & Monday, February 15: All locations closed.

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION – Call for details					
SUPPORT					
All Cancers Group	Weekly: 6:30-7:30 pm		Weekly: 12:00-1:00 pm		
Caregivers Group			Weekly: 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: 12:00 pm	Weekly: 10:00 am & 11:15 am		
Hypnosis For Symptom Reduction				Monthly: 1st, 10:30 am	
Mind/Body Boxing	Weekly: 6:30-7:30 pm				
Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	Weekly: 12:30 pm	
EDU.***					
Palliative Care			2/3, 6:30-7:30 pm		
Using All Senses to Manage Life's Stressors			2/17, 6:30-7:30 pm		
Understanding Cancer Clinical Trials and Research	3/8, 6:30-7:30 pm				

EDUCATIONAL PROGRAM DESCRIPTIONS

A reservation is required for all educational programs. Please RSVP at info@hopeconnectionsforcancer.org or 301-634-7500.

Breast Cancer Symposium Update

Rebecca Kaltman, MD, will provide an overview of the latest findings in treatment and research from the December 2020 San Antonio Breast Cancer Symposium.

Hot Topics for Young Adults: Managing Relationships with Family and Friends

Going through cancer as a young adult is already tough, but do you sometimes feel like your family and friends just don't understand what you're dealing with? Are you feeling extra stress in your relationships as a result of your cancer experience? Join Hope Connections and Community Partners, Smith Center for Healing and the Arts and Life with Cancer, for a presentation and discussion on how to better communicate and manage expectations with friends and family.

Understanding Cancer Clinical Trials and Research

When it comes to the language of science and medicine, there is no Rosetta Stone. Bill Hearl, Ph.D. will attempt to provide some guidance on how to navigate through all the jargon in order to help you understand the many types of cancer - related articles and websites on the Internet.

Medical Marijuana

Dr. Wilfredo Gamez, MD and Clinical Director of Peake ReLeaf specializes in the fields of aging and addiction to medicine. Dr. Gamez will present on the basics of medical cannabis, including how medical cannabis works and how medical cannabis can be utilized to alleviate symptoms associated with cancer. He will also explain how to become a medical cannabis patient in Maryland.

Palliative Care

Dr. Geoff Coleman with Montgomery Hospice will provide information on the latest developments in Palliative Care.

Using All Senses to Manage Life's Stressors

Join Hope Connections Board Member, Jacki Kwan, MSW, for an hour to learn how to use all of the senses (our inner resources) and thus slow down in a world filled with stressors. There will be poetry, a guided meditation, and optional sharing of whatever comes up for you.

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

Special Events

Save the Date

The 15th Annual Celebration of Hope is Coming to You!

Join us from the comfort of your home for a wee bit o' good cheer on St. Patrick's Day as we celebrate 15 years of providing free programs of emotional support, education, wellness and Hope for people with cancer and their loved ones.

Celebration of Hope

St. Patrick's Day

Wednesday, March 17th, 2021

8:00 – 9:00 pm



For more information, visit: <https://bit.ly/Celebration2021>

Join Team Hope

as we take on the...
AMERICAN ODYSSEY RELAY

Twelve Teammates. Two Days.
Two Hundred Miles. Countless Memories!

Team Hope will be there! Will You?

APRIL 23 - 24, 2021

Don't have the time (or energy) to do an entire American Odyssey Relay? We've got the perfect option for you!

For more information on AOR, POR, or how to register, please visit www.americanodysseyrelay.com www.HopeConnectionsForCancer.org or go to: <https://bit.ly/AOR2021>

Hope Connections
FOR CANCER SUPPORT

OUR STAFF

Teresa Click
Office Manager & Volunteer Coordinator
teresa@hopeconnectionsforcancer.org

Patricia Jackson
Outreach & Development Manager
patricia@hopeconnectionsforcancer.org

Mary K. McCusker
President and CEO
mary@hopeconnectionsforcancer.org

Stephanie Stern, LCSW-C
Program Director
stephanie@hopeconnectionsforcancer.org

Rebecca Waldrop
Development Coordinator
rebecca@hopeconnectionsforcancer.org

Amy Weinberg
Development Director
amy@hopeconnectionsforcancer.org

CLINICAL FACILITATORS:

Nonie Akman, LCPC
Denyse Fitz-Joeffield, LCSW-C
Holly Fungler, LCSW-C
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WORKING TOGETHER TO NAVIGATE A NEW NORMAL

STEPHANIE STERN, LCSW-C
Hope Connections Program Director



You've recently been told: You have Cancer.

Your world feels like it has been turned upside down. For many of us, this difficult news comes as a shock and with no road map or instructions. How do we wrap our heads around this news? Some questions that we may ask ourselves... Will I be okay? How will I get through this? How do I tell my family and friends? What will the future hold? Having cancer is never easy, and for people who have been newly diagnosed, there is so much to learn and absorb.

Navigating this new normal can be all consuming; doctor appointments, scans, treatments, unfamiliar medical terms, a wide range of emotions, physical changes, work, insurance, finances, and the list goes on.

During this difficult time, people often retreat and keep to themselves. They may still be processing their diagnosis and treatment plan, and often do not want to be seen differently by family, friends, and co-workers.

At Hope Connections we know the importance of support and connecting with other people who are in a similar situation. We also know the importance of community and forming partnerships with local hospitals and organizations, so that we can provide more services to people who have been affected by a cancer diagnosis. We are always stronger together.

We are proud to have recently partnered with Aquilino Cancer Center to offer Newly Diagnosed Cancer Support Groups. The groups are a safe place (now meeting over Zoom) where people can come together to share their thoughts, feelings and experiences with others who can truly understand this new normal, often referred to as a rollercoaster.

The Newly Diagnosed Cancer Support Group is a 4-week program. The group is professionally facilitated and provides support and validation to anyone who has been diagnosed with cancer in the last 6 months.

The support groups address the many challenges that come with a cancer diagnosis; our goal is to lighten this heavy load by sharing tips, laughs, tears and understanding, together.

We hope that you will consider joining this supportive group. Caregivers are welcome.

To learn more about our Newly Diagnosed Cancer Support Group, please email us at: info@hopeconnectionsforcancer.org or call us at: (301) 634-7500.

TIPS FOR GETTING THROUGH THE (COVID) WINTER MONTHS

The winter months can make your mood as dreary as the gray skies outside, and even more so with COVID-19 still on the scene. We asked our Wellness Experts, Afie, Larry and May, for their top three tips on beating the winter blues. Try one, or two or all to keep your spirits up this winter season!

AFIE: INNER PEACE & HEALING

Tuesdays 10:00 am - 11:00 am

- 1** Did you know that hugs can heal you? Let us nurture ourselves as we would another; hug yourself and remember the times that we felt love and inner peace!
- 2** Winter is here to stay but inside of our heart we have a hearth, a warm fire of passion for life. Feel the coziness of a soft, warm blanket of peace and slow your energy down. It is time to take care of the self.
- 3** When you feel fear, please take a gentle breath from your tail bone up to your third eye (it lies within the space between your eyebrows) exhale outward and release to Divine Light. By focusing our power through the third eye, we can replace our fear with the Light, therefore seeing what is real and what is true.



LARRY: RELAXATION & TRANQUILITY

1st & 3rd Fridays, 11:30 am - 12:30 pm

- 1** Pamper yourself...you are worth it! Get proper nutrition, plenty of rest, use meditation and include lots of laughter.
- 2** Practice "awe" in everything around you. Observe your home and its contents as if you were in a museum. Everything has a story - listen with your eyes and heart!
- 3** Keep a daily gratitude journal. Remind yourself how wonderful life is. Make routine activities into opportunities to practice mindfulness - no multitasking, -be in the moment!



MAY: GUIDED MINDFUL MEDITATION

2nd & 4th Fridays, 11:30 am - 12:30 pm

- 1** Forgive yourself: When the mind wanders into stray musings we try to be aware of that and let it go and begin again. We need to stay inside this winter. Forgive yourself for the extra chocolate, the binge watching of Netflix, the longish naps, the occasional depression. Forgive yourself, forgive yourself, forgive yourself!
- 2** Lean on each other: Advice for all seasons - we need each other - ask for help and offer it freely. It's good for you, and good for us.

"You just call on me brother, when you need a hand; We all need somebody to lean on; I just might have a problem that you'll understand; We all need somebody to lean on"

- 3** Service: Isolation can be a problem during this time. Missing in-person get-togethers, shopping at the Hope Chest Boutique, seeing the bare-naked faces of friends. One remedy can be finding a way to be of service: to give, even while remote! Acts of service empower us!



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Department of Surgery, Surgical Oncology

PROGRAM CALENDAR

January – March 2021



10100 Laurette 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

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