



# Hope Connections

FOR CANCER SUPPORT



## PROGRAM CALENDAR

April – June 2024

ALL PROGRAMS  
ARE ALWAYS  
PROVIDED FREE  
OF CHARGE

**TWO LOCATIONS. ONE HOPE AND VIRTUAL**

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

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)

## 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\*
- Prostate Cancer
- Metastatic Breast Cancer
- Ovarian/GYN Cancers

### MIND-BODY CLASSES\*\*

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

- Expressive Art
- Gentle Yoga
- Guided Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- Mind/Body Boxing
- Mindfulness for Well-Being
- Pink Ribbon Pilates
- Reiki & Chakra Balancing
- Relaxation & Tranquility
- 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 - Virtual April – June 2024

Closed: Memorial Day, Monday, May 27

\*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: 6:30-7:30 pm	Weekly: 12:00-1:00 pm	
Gastrointestinal Cancers Group*				Monthly: 4th, 6:30-8:00 pm	
Metastatic Breast Cancer Group		Monthly: 2nd, 6:30-8:00 pm			
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>					
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	
Mindfulness for Well-Being		Bi-Monthly: 1st & 3rd 1:30 pm			
Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	Weekly: 12:30 pm	
Reiki & Chakra Balancing			Bi-Monthly: 1st & 3rd 1:30 pm		
Relaxation & Tranquility					Bi-Monthly: 1st & 3rd 11:30 am
Strength & Balance					Weekly: 10:00 am
Stretch!				Bi-Monthly: 2nd & 4th 10:30 am	
Tai Chi		Weekly: 10:00 am			
Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				

<b>EDUCATIONAL***</b>					
Maintaining Good Nutrition During and After Cancer Treatment			4/3, 6:30-7:30 pm		
Special Event: Young Women with Breast Cancer Retreat with Aquilino Cancer Center Saturday, 4/13, 9:15 am-2:00 pm					
Love Thyself (In-Person Bethesda)			4/17, 6:30-8:00 pm		
Special Event: Fun Day: Celebrating Life Saturday, June 15 1:00-3:00 pm					
Special Event: GI Cancers Patient Summit Saturday, June 22, 10:00 am-1:00 pm					
Healthy Connections from Within: Finding Mind/Body Connections to Stress, Wellness, and Spiritual Strength. (In-Person/Bethesda)			6/26, 6:30-8:00 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 - Virtual April – June 2024

Closed: Memorial Day, Monday, May 27

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		
Katherine Linquist Caregiver Group			Weekly: 6:30-7:30 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	
Pink Ribbon Pilates	Weekly: 12:30 pm		Weekly: 12:30 pm	Weekly: 12:30 pm	
Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				
<b>EDU.***</b>					
How to Ask for Help: Realizing Your Network Superpower			4/24, 6:30-7:30 pm		
Psychedelics and Cancer: Ongoing Research at the Aquilino Cancer Center	4/29, 6:30-7:30 pm				
The Importance of Resiliency: Helpful Tools & Techniques			5/8, 6:30-7:30 pm		
Young Adult Hot Topics, Building Your Best Brain: Promoting Brain Health During and After Chemotherapy	6/3, 6:30-7:30 pm				
Reiki -n- Recipes			6/5, 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.

**Maintaining Good Nutrition During and After Cancer Treatment** Isabella Nelson (Clinical Dietitian Specialist at Johns Hopkins Medicine) will discuss strategies to maintain good nutrition while experiencing side effects of cancer treatment; 10 diet and lifestyle recommendations for cancer prevention and/or decreasing risk of cancer recurrence; and commonly asked questions and misconceptions about cancer as it relates to sugar, soy, supplements, and more.

**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).

**How to Ask for Help: Realizing Your Network Superpower** Dr. Glenna Crooks offers a roadmap to help us understand networks in a new way with emphasis on becoming aware of your connections (and their importance) and clarity about your needs. Please join us for this empowering talk.

**Psychedelics and Cancer: Ongoing Research at the Aquilino Cancer Center** In 2023, Dr Manish Agrawal and a team of researchers at the Aquilino Cancer Center published their research findings on psilocybin assisted therapy and its potential to provide a rapid and long-lasting antidepressant effect. Join Dr. Agrawal as he shares these promising results and discusses ongoing clinical trials of psychedelic assisted therapy for cancer patients and caregivers taking place at Sunstone Therapies in Rockville, MD.

**The Importance of Resiliency: Helpful Tools & Techniques** Join Sara Corckran as she shares her inspiring story of facing adversity and coming out better on the other side. Her goal is to provide actionable tools that can be applied to everyday life. Please join us for this uplifting talk with practicable tools to add to your toolbox.

**Young Adult Hot Topics/ Build Your Best Brain: Promoting Brain Health During and After Chemotherapy** "Chemo brain" is a term used to describe difficulties with word-finding and memory, often experienced during and after chemotherapy. Jessica Parker, M.A., CCC-SLP is a licensed speech-language pathologist. She will discuss the benefits of cognitive rehabilitation, and give you tips for making small changes to your daily routine that will have a big impact on your thinking skills and brain health.

**Reiki -N- Recipes** Learn nourishing self-care recipes infused with reiki energy. Plus enjoy relaxing group Reiki. Dress comfortably and bring your favorite beverage.

**Healthy Connections from Within: Finding Mind-Body Connections to Stress, Wellness, and Spiritual Strength** Join Marilyn B. Spenadel, LCPC, ACS, for this creative self-care workshop to start creating your heart-felt resiliency routine for inner peace. You will learn how to mindfully pause daily and the importance of nurturing your mind/body connections to stress, wellness and spiritual strength. While we can't change difficult situations, we can work on shifting our perception to be more hopeful, appreciative of our moments, ourselves, and each other. As weather permits, we will be walking in nature to mindfully connect to one's senses. This is an in-person program. (Bethesda).

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

## Special Events

# JAZZ, GIN & JACKPOTS: A 1920'S HOPE GALA

**PLEASE JOIN US** at our wonderful home in Bethesda, Maryland, for an evening of 1920's fun! Enjoy casino games, music, and themed cocktails. Listen to our guest speakers and mission videos. Support us by raising your paddle or bidding on our great auction prizes!

**Friday, May 10th**  
Cocktails 6:00 - 7:00 pm  
Dinner & Program 7:00 - 9:30 pm  
After Party 9:30 - 11 pm  
*Festive Attire*

PRESENTING SPONSOR  
Hope Connections FOR CANCER SUPPORT  
K&S King & Spaulding  
To register, visit: <https://bit.ly/HopeGala24>  
FOR ADDITIONAL INFORMATION, CALL 301-634-7500

## SAVE THE DATE

9th Annual  
**GI Cancer Patient Summit**  
6.22.2024  
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/GISummit24](https://bit.ly/GISummit24)

GEORGETOWN UNIVERSITY  
RUESCH CENTER  
Hope Connections FOR CANCER SUPPORT

## SAVE THE DATE

2024 SCOTT OGDEN  
**DRIVE OUT CANCER**  
GOLF TOURNAMENT  
MONDAY, SEPTEMBER 23TH  
Bethesda Country Club | 11:00 A.M.

JOIN US FOR 18 HOLES, DINNER, & RAFFLE PRIZES.

MORE DETAILS TO FOLLOW

Hope Connections FOR CANCER SUPPORT

## OUR STAFF

**Teresa Click**  
Office Manager & Volunteer Coordinator  
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**Amy Weinberg**  
Development Director  
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**MIND/BODY INSTRUCTORS**

Johnnette Armstrong - Pink Ribbon Pilates  
May Benatar - Guided Mindful Meditation  
Marsha Bisker - Reiki & Chakra Balancing  
Larry Bricker - Relaxation & Tranquility  
Stacey Fannon - Mindfulness for Wellbeing  
Judy Goldstein - Expressive Art  
Eric Govan - Mind/Body Boxing  
Marlene Hayman - Katy's Book Club  
Amy Morrison - Reiki & Chakra Balancing  
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  
Monique Presbury, LCSW-C  
Stephanie Stern, LCSW-C  
Tom Sumser, LCSW-C

# MY STORY

BY: BETH O'CONNELL

A lump, a doctor's appointment, a mammogram, a whirlwind. That's how cancer hit me. My 2013 breast cancer diagnosis came completely out of the blue. I had no risk factors. I was 43, with a wonderful husband, a 9-year-old daughter, and a new puppy. I had plans, cancer had other plans. Nine months and countless appointments later my treatment was complete. I was given a clean bill of health.

Life moved on. Cancer was always a nagging whisper in the back of my head, but as each year passed the voice lessened.

Spring of 2021 brought my second diagnosis, this time metastatic breast cancer. My world collapsed. I started chemotherapy, but it left me so exhausted that I had to leave a job I loved. Cancer, Covid and not working, left me anxious and depressed.

Slowly, I found a rhythm and my outlook improved. My therapist recommended a support group, but I was reluctant. I was afraid a support group would bring me down. I didn't want to talk about my cancer, and I couldn't see the benefit of listening to other people talk about theirs.

In 2023 the simple act of signing up for a yoga class changed everything! Stephanie called to welcome me to Hope Connections, and the first thing she said was, "is this a good time to talk?". Stephanie was the first person to ask me that question. I would have doctor's offices and insurance companies call and want to talk about cancer when it was the last thing I wanted to discuss. From the beginning, Hope Connections put my needs first. She also suggested a support group. I shared my concerns, and she recommended the All-Cancers Group. I reluctantly tried it. My first group, everyone welcomed me. When it was my turn to share, I gave an overview of my cancer, and I talked about a recent trip I had taken to Dublin. The group quickly turned to travel, with other members sharing places they had visited and trips they were planning, cancer was barely mentioned. It was a great group! I found myself returning every Wednesday. We openly talk about cancer and life: scans and treatment changes, good news and setbacks, family updates and aggravation with doctors' offices, insurance companies and well-meaning but unhelpful family and friends. I always take something away from each meeting. It's an amazing group of people who are always willing to help. There were times when I didn't want to attend (because I was feeling down or had bad news that was difficult to talk about), but I went and left feeling so much better. I have become a better listener, and when possible, I'm able to share things that have worked for me or just offer support and understanding. The program I was sure wouldn't work for me is now the one I won't miss!

Hope Connections has become my oasis in the whirlwind. My life has been improved in ways I could never have imagined. Hope Connections has given me a safe place to deal with all the physical and emotional ups and downs of cancer. I have received support, friendship, laughter, and Hope.



# Thank You!

## THE FOLLOWING IS A LIST OF OUR MAJOR 2023 DONORS

### \$100,000+

Amy & Michael Aquilino

Kathryn Lindquist

Amy Weinberg & Norbert Hornstein

### \$50,000+

Maryland Department of Health, Minority Outreach and Technical Assistance (MOTA)  
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### \$25,000+

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# PROGRAM CALENDAR

April – June 2024



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!*

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info@hopeconnectionsforcancer.org  
**hopeconnectionsforcancer.org**