



Hope Connections

FOR CANCER SUPPORT



PROGRAM CALENDAR

July – September 2024

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
- 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.

- Connecting with Nature
- Expressive Art
- Gentle Yoga
- Guided Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- Me-Time Meditation
- Mind/Body Boxing
- Pink Ribbon Pilates
- 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, 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 2024

Closed: Thursday, July 4
Monday, September 2

*Caregivers and cancer patients can attend.
Classes are offered on a weekly, bi-weekly, or monthly schedule.

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

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: 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	

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIND-BODY (M-B)**					
Connecting with Nature (August – December)					Bi-Monthly: 1st & 3rd, 10:30 am
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		
Me-Time Meditation	Monthly: 1st, 1:30 pm				
Mind/Body Boxing				Weekly: 10:00 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
Stretch!				Bi-Monthly: 2nd & 4th 10:30 am	
Tai Chi		Weekly: 10:00 am			
Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EDU***					
Fact or Fiction: Addressing Common Nutrition Misconceptions			9/18, 6:30-7:30 pm		
Special Event: Fun Day: Celebrating Life (In-Person/Bethesda) Saturday, 9/21, 10:00 am-12:00 pm					
Death & Dying Conversations			9/25, 6:30-7:30 pm		
Young Adult Hot Topics: Cancer & Resiliency			9/28, 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 - Hybrid July – September 2024

Closed: Thursday, July 4 & Monday, September 2

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		
Katherine Linquist Caregiver 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: 10:00 am & 11:15 am		
Hypnosis For Symptom Reduction				Bi-Monthly: 1st & 3rd 10:30 am	
Me-Time Meditation	Monthly: 1st, 1:30 pm				
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				
EDU***					
Hypnosis for Symptom Reduction			7/17, 6:30-7:30 pm		
Updates in Prostate Cancer Treatment: What's New for You			7/24, 7:00-8:00 pm		
Talking with Kids About Cancer: An Educational Program for Adults			9/9, 6:00-7:00 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.

Hypnosis for Symptom Reduction

Hypnosis has been shown to decrease pain, anxiety, and stress when facing a cancer diagnosis. Don Pelles, a certified hypnotherapist, will teach self-hypnosis techniques that will assist in the management of these symptoms. Caregivers are welcome, and we hope you will join us for this wellness class.

Updates in Prostate Cancer Treatment: What's New for You

This talk will be given by medical oncologists and a radiation oncologist who will cover prostate cancer treatment options. Bring your questions and we hope you'll join us for this important discussion.

Young Adult Hot Topics: Cancer & Resiliency

Through reflective writing practices, this interactive workshop will explore purpose, why purpose matters, and how to find and live with purpose. Kara Woodshank is passionate about helping those impacted by cancer increase their well-being. She has a background in psycho-oncology and resilience research, and a wealth of knowledge on making meaning and living with purpose. Through both research and her personal experience, as a cancer survivor, she has seen the many benefits of finding and using purpose after a cancer diagnosis and is excited to help others find the same. ***This program is specifically for Young Adults***

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.

Fact or Fiction: Addressing Common Nutrition Misconceptions

Isabella Nelson (Clinical Dietician Specialist at Johns Hopkins Medicine) will discuss cancer and sugar, fad diets, organic vs non-organic, supplements, and more.

Special Event: Fun Day: Celebrating Life (In-Person/Bethesda)

will include games, art, dancing, laughing, connections, and stories of Hope. We hope you will join us for this feel-good morning.

Death & Dying Conversations

Dr. David Schrier, Chief Medical 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.

Special Events

SAVE THE DATE



2024 SCOTT OGDEN DRIVE OUT CANCER GOLF TOURNAMENT

MONDAY, SEPTEMBER 23RD
BETHESDA COUNTRY CLUB
11 AM SHOTGUN START
GRAB N' GO LUNCH, COCKTAILS, AND DINNER TO FOLLOW TOURNAMENT



PRESENTING SPONSOR:
MIKE & AMY AQUILINO



OUR STAFF

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

Ciciley Fredericks
Outreach Manager
ciciley@hopeconnectionsforcancer.org

Elena Gomez-Rey
Senior Operations Manager
elena@hopeconnectionsforcancer.org

Taylor Hendrickson
Program & Administrative Coordinator
taylor@hopeconnectionsforcancer.org

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

MIND/BODY INSTRUCTORS

Johnnette Armstrong - Pink Ribbon Pilates
May Benatar - Guided Mindful Meditation
Larry Bricker - Relaxation & Tranquility
Judy Goldstein - Expressive Art
Eric Govan - Mind/Body Boxing
Marlene Hayman - Katy's Book Club
Amy Morrison - Gentle Yoga
Carole Moskowitz - Pink Ribbon Pilates, and Stretch!
Don Pelles - Hypnosis For Symptom Reduction
Adie Olfus - Me-Time Meditation
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

BUILD YOUR BEST BRIAN: PROMOTING BRAIN HEALTH AFTER CHEMOTHERAPY

BY: JESSICA PARKER, M.A., CCC-SLP
Speech-Language Pathologist
Owner of Adult Speech Therapy Services LLC



Many individuals who have endured chemotherapy treatment report difficulty with memory, attention, word-finding, and executive functioning skills. These symptoms, commonly referred to as “chemo brain,” are due to changes in the brain’s structural components, like cells and neurons. In addition to chemotherapy, these brain changes can be caused by other factors that frequently affect cancer survivors, such as radiation treatment, depression, anxiety, and changes in sleep patterns.

The good news is that individuals experiencing “chemo brain” can adopt strategies and simple daily habits to help cope with, and improve, symptoms.

3 APPROACHES TO BUILDING YOUR BEST BRAIN:

General Self-Care

Here are a few of the simple, but effective, habits that anyone can adopt to improve their overall brain health.

- **Rest breaks:** Taking a break from challenging tasks can be a powerful tool for decreasing cognitive symptoms. The next time you’re focused on a task, and notice that your attention is wandering or you’re making more mistakes, take a 2 minute break from the task. This will allow your brain to “recharge.”
- **Sleep:** Brain energy is stored and brain maintenance occurs during sleep. So, implementing good sleep hygiene, like going to bed and waking at the same time each day, is key.
- **Exercise:** Engaging in daily physical exercise, even just going for a walk, is good for your brain.
- **Hydration:** Your brain doesn’t function as well when you’re dehydrated, so it’s important to ensure you’re drinking enough fluids each day.

Compensatory Strategies

To ease the impact of “chemo brain” on daily functioning, it can be helpful to implement common sense tools to cope with changes in memory, organization and problem solving.

- **Note-taking:** Use a daily planner, smart phone calendar, or a “to do” list. These systems must be used consistently, in order for them to be reliable.
- **Prioritizing:** If you don’t have time to complete all of the day’s “to dos,” select just 1 or 2 of the most important tasks. Spend your brain energy completing those tasks only.
- **Limit multitasking:** Multitasking is not an efficient way to work, and is tough on your brain. You’ll get more accomplished, and your work will be more accurate, if you just do one task at a time.
- **Advocacy:** Educate your friends and family about your “chemo brain” symptoms and how they can help support you. Sometimes your best bet is to delegate.

Brain Exercise

Neuroplasticity is a term used to describe our brain’s ability to make new connections between neurons, changing the way the brain is organized. Challenging your brain promotes neuroplasticity. Here are some ideas for doing just that:

- Complete daily tasks in a different, more challenging way, like using your non-dominant hand to brush your teeth, or taking a new route when driving.
- Learn a new skill, like playing an instrument or speaking a foreign language.
- Stay engaged with the activities and hobbies you enjoy, even if you need to modify them.
- Access research-based brain-training apps.

For more information about speech therapy treatment for cognitive-communication challenges following chemotherapy, please visit www.AdultSpeechTherapyServices.com.

Celebrate with Hope Connections!

Invite us as a beneficiary as you celebrate birthdays and anniversaries or other special events. Raise money for an organization you love, engage with friends and family, and support yourself or a loved one dealing with cancer. Talking about us at your party can also spread awareness about the free services offered to cancer patients and their loved ones.



Celebrate your birthday with a twist!

Invite your family & friends to come shopping at the Hope Chest Boutique. In the words of a participant: "I've been telling my friends about the shop for many years and wanted to really share both a birthday and the boutique with everyone. People joined us for Winnie's birthday and had so much fun!"



Have a Hobby you're passionate about?

Playing poker, taste-testing fine spirits, and even off-roading truck challenges are super fun ways to do what you love and spread the word about Hope Connections! Enter an event to raise funds for Hope or run an event for our benefit. Alex & Mandy: "We both have lost someone we loved to cancer. We wanted to choose a charity that is something that we can relate to, and support was important for us. Understanding the hard road of a cancer battle we will be donating a percentage of the donations we've received for completing this challenge to Hope Connections."



We will help make your event a success:

- We will promote your event on our social media, newsletter, and website!
- We are happy to assist in building your online donation page through our website!
- We'd be happy to supply you with giveaway materials (e.g. pens, notepads) for your fundraiser!



If you're feeling inspired to fundraise for Hope Connections, contact us to get started today! Email us at: info@hopeconnectionsforcancer.org

Don't have time for events? You can also donate directly at ww.hopeconnectionsforcancer.org or make checks payable to Hope Connections for Cancer Support.

BOARD OF DIRECTORS

Katey Grogan, Chair

K&G Enterprises

Abigail Bortnick, Vice Chair

Leidos

Joe Clarke, Chair Emeritus

EagleBank

Gary Altman, Vice Chair Emeritus

Altman & Associates

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

Holly Fungler, LCSW-C

All Points North Lodge

Maureen Hearl

Retired

Rahul Kishore

Shah & Kishore

Cathy Kwart

Artist

Colette Magnant, MD, FACS

Retired

Scott Samborn

IT consultant

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

Capitol Oncology & Hematology Associates

Christopher Gallagher, MD

Medical Director of Cancer Services

Medstar Washington Hospital Center

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

Kym Sevilla, CET, E-RYT

Medical Exercise Specialist

Frederick P. Smith, MD

Medical Oncologist

Sandra M. Swain, MD

Georgetown University Medical Center

PROGRAM CALENDAR

July – September 2024



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



W. Scott Fungler House
10100 Laureate Way
Bethesda, MD 20814