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# HOPE

Where there is community... there is strength. Where there is strength... there is hope.

## It's time to Reachout & Run!

ANNUAL 5K RUN • 5K WALK • 1K WALK TO SUPPORT HOPEWELL

### news

We first introduced "The Pegboard," as we lovingly call our fundraising thermometer, in the last newsletter.

As you may recall, 2009 was, for HopeWell, a year of planned growth and expansion, made more cautious by the great financial unknown. With advice, we deferred moving all but our Kids Circle programs to the barn until we gauged the success of our end-of-year appeal.

Despite the climate, we were positive, hopeful and industrious, and involved as many people as possible in our Annual Fund efforts. A Participant Committee was formed that helped guide and assist us. We held many small events to highlight our barn and communicate in person with our donors.

AND... our hard work paid off! Your response to our Annual Fund appeal was our largest to date and, one of the barn events resulted in a large and unexpected foundation gift.

**We had a "peg" goal: \$465,000 by December 31st. And, we made it!**



You can see 2009 Board Chair David Ewell who had the honor of placing the peg that would decide our future! The staff is planning a gradual transition to the barn and is exploring funding for expanded programs.

**Heartfelt thanks to each of you who made a contribution to HopeWell and helped us move those pegs!**



**Spring is on everyone's mind this year and especially for us at HopeWell. It's the time of year when we begin to look forward to our REACHOUT & RUN. This year marks our 13th event and once again, the race will take place on the beautiful Goucher College campus in Towson. Race Day is Sunday, April 18.**

This one-day event brings forth the energy and spirit of the entire HopeWell community. We invite you to, once again, be a part of this wonderful April morning.

REACHOUT & RUN is a special day because it is, literally, two events in one. The 5K and 1K Walks are poignant community gatherings... full of true stories of hope. There is so much love and support in the air, you can feel it.

At the same time, the 5K Run is one of Baltimore County's largest and draws top runners from all over the region. Our race organizers put on a great event for the athletes!

Teams gather, with hand-made shirts or signs. Many participants purchase stars to line the race course. Friends, old and new, gather to listen to the opening and closing ceremonies. Our community comes together as one to honor the love and loss that is the cancer experience.

**Together, we WILL make a difference for people facing a cancer diagnosis.**

We want our programs to be available to everyone, regardless of their ability to pay. We also want HopeWell to be a relaxing and welcoming place, where insurance cards and forms can be put aside... at least for a while.

REACHOUT & RUN is HopeWell's largest fundraiser and generates roughly 20% of our annual operating funds. We've set an ambitious target of 1,500 runners/walkers this year... a 20% increase over last year. With your help, we know we can make it!

**How do I sign up?** We've included an entry form inside this letter. (Or, download one from our website.) Simply fill it out and mail or fax it to HopeWell. That's it. You're registered!

If you register before March 19 you pay just \$25.00 and you're guaranteed to receive a custom-designed, long-sleeved race shirt (first 1,200 registrants only).

Or, just show up! You are welcome to come to Goucher College between 7:00 and 8:15 am on Sunday, April 18th and sign up then. So, grab a few friends and come on over!

**HopeWell challenges all race participants to raise \$150 over the cost of registration. How?**

Simply ask your friends, colleagues and family members to contribute on your behalf.

To help you spread the word and track your results, we have set up individual and team fundraising pages on a special website: [www.firstgiving.org](http://www.firstgiving.org). Simply search for HopeWell Cancer Support and you can:

- register for the race
- join a team
- create a fundraising page
- make an online donation

Even if you've never raised a dime before, you'll discover it is easy to raise funds for a local organization that YOU care about. Your commitment and passion will inspire others.

**For more information, go to [www.hopewellcancersupport.org](http://www.hopewellcancersupport.org).**

**The mission of HopeWell Cancer Support** is to create a community for all people with cancer, their families and friends, that encourages an exchange of information, the development of a support system and the presence of hope.

## Programs

HopeWell welcomes people with cancer at any stage of the disease: newly-diagnosed, in treatment, post-treatment, and living with cancer as a chronic condition. Survivors are always welcome, too. We also invite family, close friends and loved ones to our programs.

### Breast Cancer: Quality of Life... The Issues, The Research

Dr. Lisa Jacobs has a particular research interest in the area of quality of life for breast cancer patients. Join her for an informal discussion about current research and how it can help improve your quality of life.

House Calls Speaker: Lisa K. Jacobs, M.D.  
Monday, March 15 • 7:00–8:30 PM

### Navigating Health Insurance When Living with Cancer

Joy Hatchette is Associate Commissioner with the MD Insurance Administration. This is a wonderful opportunity to better educate yourself as a consumer and understand your options when faced with insurance difficulties.

Speaker: Joy Hatchette  
Tuesday, March 23 • 7:00–8:30 PM

### Single with Cancer?

Millions of households in the U.S. consist of single individuals, many of them coping with cancer. This workshop addresses their unique concerns.

Tom Large, LCSW-C and Katie Hecht  
Saturday, April 10 • 10:00–11:30 AM

### Making Informed Treatment Decisions: What You Need To Know

Dr. Robert Donegan will offer his perspective about how to effectively collaborate with your physician when faced with difficult decisions about your cancer treatment.

House Calls Speaker: Robert Donegan, M.D.  
Wednesday, April 28th • 7:00–8:30 PM

View our full calendar of programs at  
[hopewellcancersupport.org](http://hopewellcancersupport.org)

## KEY STAFF

### Executive Director

Suzanne Brace

### Program Director

Carole Sharp, LCSW-C

### Development Director

Lily Burke

### Assistant Executive Director

Carleen Kramer

### Clinical Director

Thomas R. Large, LCSW-C

### HopeWell Cancer Support

10628 Falls Road • Lutherville, MD 21093

HopeWell Cancer Support is a 501 (c)(3) nonprofit organization, donations to which are tax deductible to the fullest extent allowed by law. For a copy of our current financial statement, please contact HopeWell Cancer Support or the office of the Secretary of State, Annapolis, MD 21401.

# A Letter from HopeWell

FROM SUZANNE BRACE, EXECUTIVE DIRECTOR

Dear Friends,

In many ways the meteorological events of the past month brought us together as a community—seeing neighbors out shoveling, talking with friends or family via phone and email. We reached out to help and were reassured that we weren't alone with our icicles and buried cars and snowbound isolation. We missed each other! Isn't it interesting that an event—whether unexpected or intentional—allows us that rare opportunity to connect in such satisfying ways?

REACHOUT & RUN has been HopeWell's annual special event for the past 12 years. Just like those snowstorms, it gathers us around a common cause. It brings out the best in people—the desire to do something to help families who are dealing with cancer.

Every spring I look forward to race day. A group of incredibly dedicated volunteers orchestrates the event that begins in predawn darkness, emerges as the sun rises, becomes a small city of 1,200 runners, walkers and countless spectators, and then, just as quickly, evaporates until the next year.

The speed at which that happens is stunning! But these five precious hours are essential in keeping HopeWell “on track” financially.

Last year was a turning point for HopeWell. Like all nonprofits we entered it with a greater sense of the unknown than usual: Would there be enough income to keep our programs going? Would we be able to move into our wonderful new space? I'm proud to report that HopeWell met the challenge.

The staff and Board worked very hard as a team to keep “on course” financially. For, just as we faced the potential of further budget cuts, we experienced a surge in program attendance and new participants. We set a very high goal for 2009 and we raised the funds despite the odds. Now, we are “running to keep up” with the momentum we generated in 2009.

REACHOUT & RUN is our largest event and this year we are counting on it to provide 20% of our budget. With your help, this magical community event will raise spirits—and funds—to keep HopeWell running strong. You've never let us down and we are most grateful!



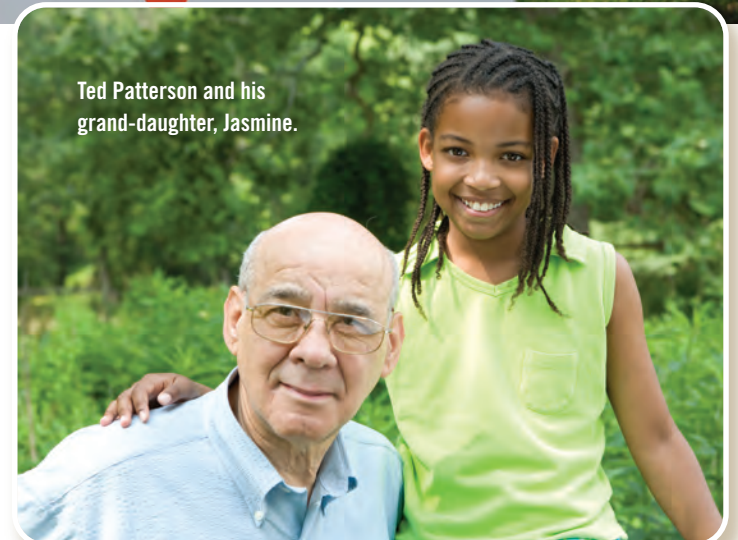

## Ted's Story

A STORY ABOUT SECOND CHANCES

People who are the primary caregivers to someone with cancer carry a different kind of weight than the rest of us, because they live in a world shaped by the necessities and the possibilities of cancer.

**Ted Patterson, a retired family practice physician, carried that weight.** During the two-and-a-half years his grown daughter lived with cancer, he was her primary caregiver. His days were filled with medical appointments and hospitalizations, medications and late-night trips to the Emergency Room. In the process of dealing with his daughter's cancer, Ted had an opportunity that few parents have—to get to know her a second time, as an adult. It was a new and gratifying experience. And, each week during this difficult time, Ted came to HopeWell's **Family Group** to share the complex feelings that were arising in him.

“I came to HopeWell because I was looking for a place to share experiences. I needed this setting. It allowed the thoughts and feelings to flow naturally and it gave me strength to face an uncertain future. I could go back to the family and be reassuring based on some of the information and support that I received in the group.”



Ted Patterson and his grand-daughter, Jasmine.

When his daughter passed away, Ted brought his grand-daughter to HopeWell's **Kids Circle**, where she received lots of information and support to help her deal with the loss of her mother.

At some point in those years, Ted realized that he wasn't simply taking from HopeWell. People said, “Ted, you've been so supportive of me and the group. You have so much good to offer.”

At HopeWell, our support groups for caregivers are a part of our program because we know that even as they give comfort and care to their loved ones with cancer, they are also experiencing powerful feelings themselves. We value their strength, their wisdom, and we want to help them cope with the extraordinary weight of their days.



**TEAM UP FOR HOPEWELL! HELP YOUR TEAM TO MAKE MORE OF AN IMPACT THAN EVER BEFORE!**



**Forming a team** is a great way to pool your resources and your enthusiasm to make race day even more memorable.

Some teams honor, celebrate or remember someone special. Others are a way to say thank you to family and friends for their support. Whatever the reason, teams are a fun and easy way to participate!

Simply...

1. Form a team of at least 5 people.
2. Choose a team captain.
3. Select a team name.
4. Submit your race entries all together, along with your captain's name and contact number by April 9th. (Sorry. No changes or additions are possible after 4/10/10.)

### Tools for Teams!

HopeWell has partnered with [firstgiving.org](http://firstgiving.org) to provide you with on-line fundraising and team-building tools:

- ✓ register for the event
- ✓ start or join a team
- ✓ create a personal or team fundraising page

[@hopewellcancersupport.org](http://hopewellcancersupport.org)  
BLOG HIGHLIGHTS: TOM LARGE, LCSW-C, CLINICAL DIRECTOR

### KEN VS. THE STATISTICS

Ken, a newcomer at December's prostate cancer group, just learned he had the disease. He had fears to talk about, lots of questions for the group, and treatment decisions to make. As the discussion progressed, questions from the group about Ken's test results increased. What was his latest PSA? What about his Gleason score? Soon the talk was full of scientific terms and statistics. My head began to spin. We were wandering far from Ken's fears. Then, with the magic that speaking your own truth can accomplish, Ken said something that brought us all up short. "From what you guys are telling me," he said, "sounds like I should just look for an actuary to treat my cancer." The room erupted with laughter. There it was, the *reductio ad absurdum*, of applying statistics to the individual. Cancer statistics are like motorized garden tools. They must be used very carefully around individual living things. [READ MORE ONLINE...](#)

### BLOG MAGIC?

I have always believed that small groups can sometimes perform magic. But, what about large groups? Can crowds, like you readers out there, do the same?

Sometimes many heads truly are better than one. This is precisely what happens when a group of cancer survivors at HopeWell focus on a problem face-to-face. Say, for example, that Nancy is overwhelmed by starting another round of radiation treatment. One group member will challenge her pessimism and another will encourage her confidence.



[READ MORE ONLINE...](#)

Register on our website to enter the **COMMUNITY** section—an on-line gathering place created exclusively for our community. You are invited to post, comment, take part in Forum conversations and much more!



### UPCOMING seminar on Planned Giving

Gift plans create unique opportunities for you as the donor and for HopeWell. Determining what you wish to accomplish for yourself, your family, and your charitable interests in your overall estate and financial plans is just as important as making the gift itself.

On **March 11, 2010** presenter Kelley McGeehan, a charitable giving advisor, will come out to HopeWell for a very special session on Planned Giving: what it is, how it works and what the benefits are.

Also, hear from HopeWell participant Maxine Saunders about how she used planned giving to support HopeWell in a meaningful way.

**Speaker: Kelley McGeehan**  
Charitable Giving Advisor

**Light Dinner 7:00 PM**  
**Program 7:15 – 8:30 PM**

Please RSVP to Lily Burke at (410) 832-2719 or [lburke@hopewellcancersupport.org](mailto:lburke@hopewellcancersupport.org).

## EXPLORE OUR DROP-IN, NETWORKING PROGRAMS

HopeWell's Networking Groups are designed to offer people facing similar situations a way to come together in an informal, yet supportive way. These groups offer an active exchange of sound information, the chance to make new friendships and the flexibility to drop in when your schedule allows.

**Brain Tumor Support Group**  
Facilitator: Robin Brown, LCSW-C

This group is for people diagnosed with a primary or metastatic brain tumor, as well as their caregivers. The group meets on the 4th Monday of each month from 7:00–8:30 pm.

**Breast Cancer Support Group**  
Facilitators: Nancy-Bets Hays, LCSW-C  
Nancy Mulherin, R.N.

This group is especially designed for women who are dealing with breast cancer, at any stage of their journey. The group focuses on the specific needs of the members. This group meets on the 1st and 3rd Monday of each month from 7:00–8:30 pm.

**Couples Support Group**  
Facilitators: Nancy-Bets Hays, LCSW-C  
Tom Large, LCSW-C

This group explores an array of topics relevant to couples facing cancer. Meet other couples coping with cancer, explore ways to increase understanding and discuss common issues. Group meets on the 1st and 3rd Saturdays of each month, from 10:15–11:45 am.

**Leukemia, Lymphoma and Myeloma Family Support Group**  
Facilitator: Karen Rabins, LCSW-C

This program is for adults coping with Leukemia, Lymphoma, Hodgkin's disease, Myeloma and MDS. Family and friends are welcomed. The program is offered in cooperation with the Leukemia & Lymphoma Society. This group meets on the 4th Monday of each month, from 7:00–8:30 pm.

**Lung Cancer Support Group**  
Facilitator: Carole Sharp, LCSW-C

Join others living with lung cancer for inspiration and education. Adult family members are welcome to attend. The group meets on the 4th Monday of each month, from 7:00–8:30 pm.

**Metastatic Breast Cancer Support Group**  
Facilitator: Nancy-Bets Hays, LCSW-C

This monthly group, was formed especially for women with metastatic breast cancer, and focuses on the unique challenges they face living with this disease. Join other women to share information, discuss common concerns and find mutual support. This group meets on the 2nd Monday of each month from 7:00–8:30 pm.

**Ovarian Cancer Support Group**  
Facilitator: Nancy-Bets Hays, LCSW-C

This is a semi-monthly group for women coping with ovarian cancer. This group meets on the 2nd and 4th Thursdays of each month, from 7:30–9:00 pm.

**Prostate Cancer Connection**  
Facilitator: Tom Large, LCSW-C

This group is for men who have been diagnosed with prostate cancer. These meetings are designed to help newly-diagnosed men with their adjustment and decision making, provide resources and support for men in active treatment and to support survivors with their follow-up care. This group meets on the 3rd Tuesday of each month, from 10:30–12:00 pm.

**Interested in a Colon Cancer Group?** If you are interested in taking part in a new group dedicated to issues surrounding colon cancer, we'd like to hear from you.

View our full calendar of programs at [hopewellcancersupport.org](http://hopewellcancersupport.org)



## Celebrate friends. Celebrate spring.

TELL SOMEONE HOW MUCH THEY MEAN...



**HopeWell Tribute Cards are a beautiful way to make a gift in honor or memory of someone special in your life.**

For a minimum gift of **\$10 per honoree**, HopeWell will send a personalized gift card to each person announcing your gift.

To view Honor and Memory cards, please visit our website.

Ordering is easy. Simply provide us with a list of names and addresses of those people you would like to recognize—along with your contribution—and we'll do the rest.

**Please be sure to indicate that your gift is a Spring Tribute gift.** If you have any questions about Tribute Gifts, please contact our Development Office at (410) 832.2719.

## SPOTLIGHT ON THE BOARD

NEWS FOR AND FROM OUR BOARD OF TRUSTEES



We're pleased to announce that Geoff Genth has taken the position of Chairman of HopeWell's Board of Directors.

HopeWell's January board meeting was bittersweet. While celebrating the successes of 2009, we bid a sad adieu to **Becky Pauliny**, a volunteer for 15 years at HopeWell. Becky chaired the board during a key phase of growth and development. We honored the invaluable service of both Becky and **David Ewell**. During four years of dedicated leadership, David skillfully guided the organization during the inception of our capital campaign. He is succeeded by **Geoff Genth**, an attorney at Kramon and Graham, PA. Geoff has been a member of our Board since 2005.

### Board Chair

Geoffrey H. Genth

### Board of Trustees

Constance H. Baker

John H. Boyd

Marilyn Davis

James E. Dunn, Jr.

David S. Ewell

Nupur Flynn

Geoffrey H. Genth

Wendy Ginsburg

Suzanne Levin-Lapides

John P. Miller

Peter B. Rosenwald

Dawn Sonntag

Jean E. Trout

## Getting and Giving

BY THOMAS LARGE, LCSW-C, CLINICAL DIRECTOR

**April in Baltimore** brings the first robins, dogwood and redbud, warmer days, and HopeWell's spring festival. That's how I think of our REACHOUT & RUN. For the past 12 years I have arrived at the race and wondered, "Who are all these people?"

I know many of them, of course. They are cancer survivors, families and friends, volunteers and donors... staff. But these familiar faces make up less than 5% of each year's thousand-plus race participants and onlookers.

Who are all those other strangers? Beyond the obvious runners and walkers, there are so many other people... eating breakfast, perusing the exhibits, gathering on the stage, greeting friends, lining up at the Wall of Hope. They all have one thing in common. Prominent or anonymous, they have all made a significant gift to us.

It might be a well-organized team of contributors or a single race entry fee, 20 dozen bagels or volunteering a couple of hours to direct traffic. It might come from someone who has been actively planning this event for months or someone who decided just yesterday to show up as a spontaneous act of kindness.

But whoever these strangers are, they demonstrate the ancient truth that giving is good for people. This is one of the core principles underlying support groups... underlying HopeWell itself. The emotional lift that comes from a renewed sense of meaning—giving as well as receiving compassion—is what attracts many to HopeWell each week.

Realizing that everyone faces cancer in their own way, we offer two different kinds of group support at HopeWell. First, we offer something

called Networking Groups. These groups are organized around a particular diagnosis and are held on a drop-in basis. (See page 3 for more information.) HopeWell also offers Participant Groups—a more established weekly meeting for people facing all kinds and stages of cancer. For more information about support groups, or other HopeWell programs, you can reach us at [programs@hopewellcancersupport.org](mailto:programs@hopewellcancersupport.org).

In a support group, people are often surprised to learn that giving support to others feels as good as getting support from the group. At community-wide events like our race, the outpouring of "giving" motivates an even wider generosity. Each spring, REACHOUT & RUN seems to prove what the Dalai Lama recommends: "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

Mark your calendar for HopeWell's biggest event!  
SUNDAY APRIL 18, 2010 • 5K RUN • 5K WALK • 1K WALK



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