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HOPE

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

Join us at Hopewell on Sunday, June 6!

ANNUAL REUNION • KIDS CIRCLE REUNION • NATIONAL CANCER SURVIVORS DAY

On June 6th, we will observe National Cancer Survivors Day in true HopeWell style by holding our Annual Reunion. All the individuals and families who have become a part of the community over the past 17 years are invited. We hope you can attend!

When talking about cancer, the word "survivor" can mean different things to different people. That conversation comes up frequently at HopeWell.

To us, the person with cancer is a survivor from the minute they are diagnosed. Happily, some live with cancer as a memory, others live with it as something they hope will be transient, and still others live with cancer, perhaps for the rest of their lives.

At HopeWell, we expand the term "survivor" to also include everyone whose life has been changed by the disease. Anyone who has gone through the cancer experience with a loved one or friend will understand. You are a survivor, too!

By broadening our definition of "survivor," we hope each of you reading this will feel welcome to take part in our HopeWell Reunion. It is our belief that we are all surviving cancer, once it has touched our lives.



I am looking forward to the 2010 Hopewell Reunion and Survivors Day Celebration. I can always count on this unique, welcoming and supportive community who understands the unexpected and unwanted journey of living with cancer. We'll celebrate being alive; share triumphs and sorrows, honor the memory of loved ones, smile, laugh and cry. I know I will leave invigorated, rejuvenated and joyful. —Miriam Jacobson

news

Move those Pegs!

As HopeWell's fiscal year heads into the final stretch this month, we have watched the pegs on our pegboard climb as your donations have come in. The outpouring of support has been gratifying.



HopeWell participant Marla Arrington places another peg. Thanks, Marla!

Following the advice of our Participant Committee, we have been more open this year about our fundraising needs and goals and have made an effort to share this information with you both through this newsletter and on our website.

With less than 30 days to go, here are our latest numbers:

Goal: \$800,000
Still to raise: \$97,500

There are so many ways to support HopeWell and people can choose what works best for them. One participant gives monthly by having her credit card automatically billed through our website. Another donor prefers to give through a workplace giving campaign. A couple who attends exercise class writes a \$100 monthly check. Many of you give tribute gifts to HopeWell in memory or in honor of someone you love.

Thank you for your generosity and for being a member of our community. Your involvement as a participant, donor and friend is invaluable.



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HopeWell Board member John Boyd puts in a strong finish. Way to go, John!

Reachout & Run

WHAT A GREAT DAY...



On a chilly Sunday in mid-April, over a thousand people gathered at Goucher College to show their support for the people in their lives who were facing cancer and for HopeWell Cancer Support.

Some people ran. Others walked. Some formed teams. Others came alone. Each person who came to the race that day had one thing in common—a commitment to reaching out and helping others.

We hit some very impressive numbers this year! Over 1,000 runners and walkers came out that morning, 104 stars lined the course and 38 teams participated. Team Sonntag was the largest team, with 113 members. And thanks to all of you, we exceeded our fundraising goal of \$125,000! All funds raised through this event go directly to pay for HopeWell programs and services for individuals and families facing cancer in the greater Baltimore region.

Heartfelt thanks to everyone who supported the race this year! We thank our participants for sharing their stories and we thank our sponsors who helped make the event a big success.

Lyon, Conklin & Co., Inc. • The Milton J. Dance Jr. Head and Neck Center at GBMC • Trane • Paradigm Spine
Advanced Radiology • HMS Insurance • Kramon and Graham PA • McCormick • Venable LLC

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.

Cancer and Food: The Truth About Health Claims and Labels on Food Packages

Many products claim to be healthy, nutritious and good for our immune systems and it is easy to be confused. Join Keri Ryniak, Oncology Dietitian with the GBMC Sandra & Malcolm Berman Cancer Institute and become a better-educated consumer. Learn how to evaluate health claims and understand food labeling practices. Please RSVP.

House Calls Speaker:
Keri Ryniak, RD, CSO, LDN, CNSD
Date: Wednesday, June 9, 7:00 - 8:30

Radiation Therapy: What Everyone Should Know

Dr. Jeanette Linder is the Chief of Radiation Oncology at Sinai Hospital of Baltimore. Learn how you can actively participate in your radiation treatment plan, how to evaluate risks and potential side effects and what questions to ask. She will also discuss how radiation therapy works, how it can be given, lifetime limits and managing side effects. Please RSVP.

House Calls Speaker: Jeanette Linder, M.D.
Date: Wednesday, June 16, 7:00 - 8:30 PM

Tumor Markers: Get The Facts

Dr. Richard Schraeder is an oncologist at The Cancer Institute at St. Joseph Medical Center. Join in to learn about the role of tumor markers in cancer screening, diagnosis and treatment. Learn more about what they are, how they are used, their link to certain types of cancer and what's new in tumor marker research. Please RSVP.

House Calls Speaker: Richard Schraeder, M.D.
Date: Wednesday, June 30, 7:00 - 8:30 PM

View our full calendar of programs at
hopewellcancersupport.org

KEY STAFF

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Carole Sharp, LCSW-C

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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,

There are as many stories of courage and inspiration, of tenderness and caring, at HopeWell as there are people who walk through the doors—hundreds each month. As I watched this newsletter coming together, I was struck by the breadth and depth of those stories... the diverse perspectives on the journey called cancer.

– A young woman, new to HopeWell and facing life-altering decisions about treatment, finds that her participant group of “cancer veterans” lovingly provides safe and objective support as she makes her difficult choices.

– A father, recovering from cancer treatment, walks in REACHOUT & RUN with his teenage daughter and blogs about the meaning of that day on HopeWell’s website.

– Two student Social Work interns, depart to the next stage of their professional journey, having given of themselves to HopeWell’s community and taken away life lessons learned from our participants.

Our community is made richer, daily, by these kind of exchanges... our stories. Jordyn’s Story (see below) refers to an ancient Japanese legend that promises that anyone who folds a thousand origami cranes will be granted a wish, such as long life or recovery from illness. Modern tradition includes the making of a thousand cranes to symbolize support and love and peace.

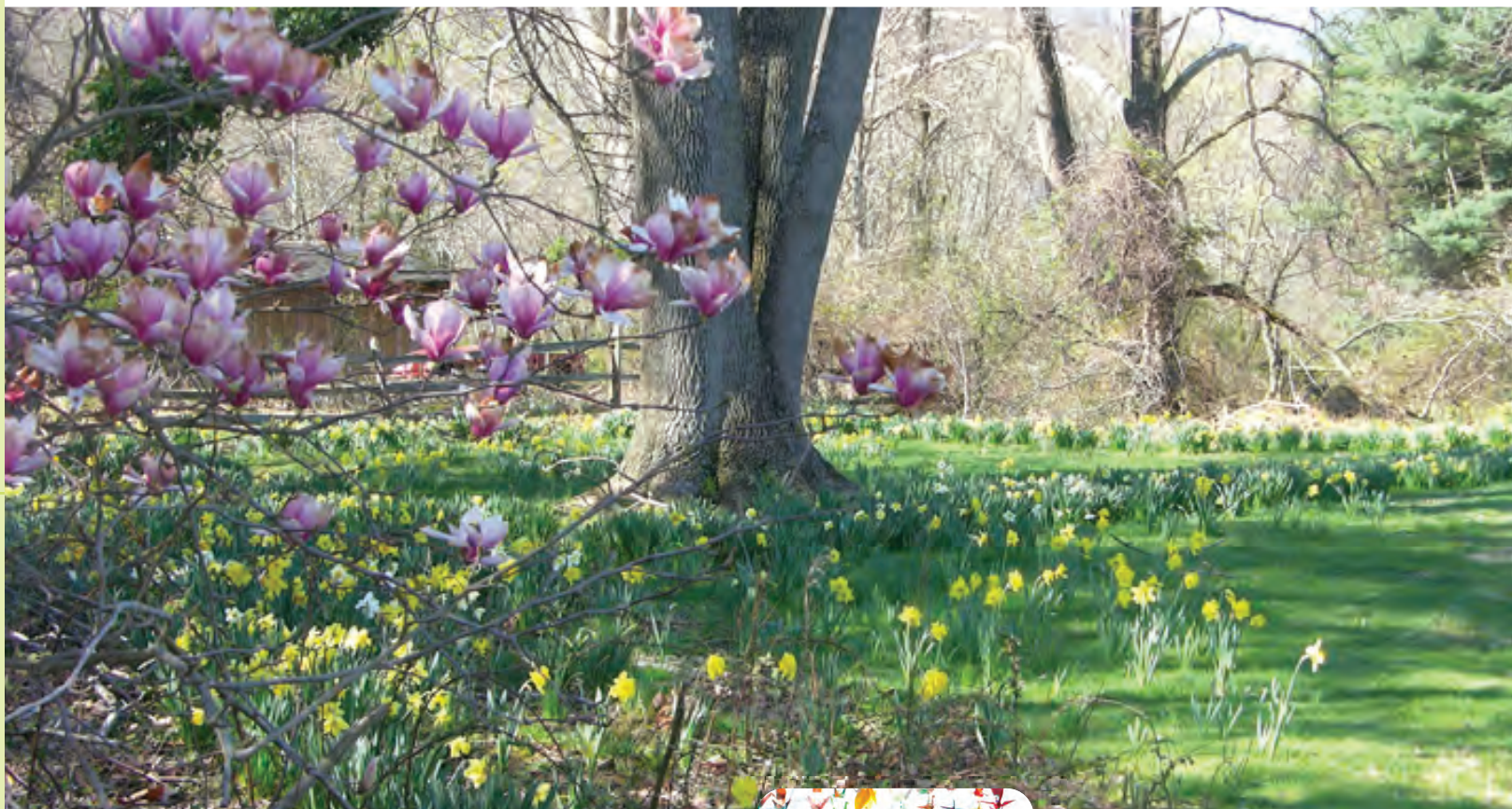
Jordyn’s classmates carried on the tradition of making origami cranes during her father’s illness. Jordyn transformed it into an act of reaching out to others whose lives have been touched by cancer. She will be with us

on June 6th to teach crane-making and share her story.

As you know, the day-to-day “work” that we do here at HopeWell all goes toward one goal: to provide a stable path along which each member of our community can find their way through the cancer experience. The biggest hurdle we face is that we must continually raise funds to do so. It is a huge challenge and will become larger as we grow.

We hope that you can help us reach our end-of-year financial goals with a gift—perhaps a “thousand crane” tribute to a survivor—or a donation in memory of a friend, so that HopeWell will continue to embrace even more families like Jordyn’s.

Warmly,



Jordyn’s Story

A STORY ABOUT GIVING BACK

Larry Seidman, a successful, corporate attorney, didn’t slide into cancer over a period of weeks or months. One Friday afternoon he was fine. The next day, he saw a gray mass on a CAT scan and found out he had a brain tumor. Larry and his wife Jill were told this dynamic, vibrant, 39-year-old man had six to eight months to live.

And, there were the children. Jordyn Seidman was just six—a first-grader at The Park School—when her dad’s cancer was discovered. Her younger brother Eric was just 3. Cards poured in from classmates and teachers. The Park community rallied around the family.

Larry Seidman did more than beat the odds. He trounced them. He lived with his cancer... not for 6 months or a year, but for more than 5 years. He and Jill were actively involved in HopeWell’s Brain Tumor Participant Group and Jordyn attended our Kids programs.

Fast forward three years. Jordyn’s class was reading *Sadako and the Thousand Paper Cranes* and an idea emerged. Based on the inspiring story, Jordyn’s classmates decided to make 1,000 paper cranes to show support for her dad. The entire 4th grade got to work and when they finished, there were more than 2,000 cranes heading Larry Seidman’s way!

In the summer of 2009, Larry Seidman passed away, just two months before Jordyn celebrated her Bat Mitzvah.



I like that this project connects my friends, my dad and can help others. Everyone can see how important each small gesture was and how together all those little gestures created something important and beautiful. —Jordyn Seidman

As she studied in preparation for her big day, Jordyn thought about

how important HopeWell had been for her family and knew she wanted to do something in return. She just wasn’t sure what...

Jordyn started to string the original cranes together and made new ones to hang at her Bat Mitzvah in memory of her dad. As she did, an idea took shape. Jordyn decided to make a piece of art from the origami cranes and share it with HopeWell as a way to inspire other families facing cancer.

That piece of art hung behind Jordan at her Bat Mitzvah ceremony... thousands of hand-made paper cranes, each representing a single expression of hope.

Jordyn hopes that when people see her art, they will ask, “What is this about?” and, hearing about how her friends gave so much support to her family, she hopes that others will be inspired to do the same.



Learning by Doing

HopeWell was fortunate to host two student interns this past semester. Katie Hecht (above, left) is a fourth-year Social Work student at McDaniel College. And, Erica Duff-Johnson (above, right) is a first-year Masters Level Social Work student at Morgan State University. HopeWell has provided a diverse array of learning opportunities for Erica and Katie from outreach activities to co-facilitating groups and everything in between. In return, both students contributed an enormous amount of time and effort to our programs and have brought us new and creative ideas. Katie and Erica have truly become members of our team. Their stint with us ends this week. We will miss their warm smiles and positive energy and we wish them the very best as they pursue their careers in social work.

Bring family, friends and colleagues to...

HOPEWELL'S CHARITY DINING NIGHT

Wednesday, June 9, 2010
6:00 pm – 2:00 am

Mt. Washington Tavern • 5700 Newbury Street, Baltimore 21209

Eat! Drink! Support HopeWell!

10% OF YOUR BAR AND RESTAURANT TAB GOES TO HOPEWELL.

HopeWell has once again been invited to take part in the Mt. Washington Tavern's Charity Dining Night program. This year the program is slightly different than in years past. Good news! It is even easier than before for you to support HopeWell and have a great evening out. The grand prize has gone away. Now charities receive 10% of all bar and restaurant proceeds brought in by their supporters on their night. So grab your friends, your friend's friends and even your Facebook friends and head on down to the Mt. Washington Tavern on June 9!

Reservations are still required for dinner in order for your tab to count for HopeWell. Please call and make a reservation today! Tel: 410.367.6903.

There will be a raffle, silent auction and door prizes. The auction items and raffle prizes get better each year. Read all the details in the EVENTS section of our website.

For more information about the Mt. Washington Tavern, visit their website at: www.mtwashingtontavern.com.

@hopewellcancersupport.org

BLOG HIGHLIGHTS: KEN BALLINGER & LAURIE PANCERMAN

REACHOUT & RUN RECOLLECTIONS

Since I am still recovering from surgery back in March, my wife felt (er, insisted) that someone walk with me at the REACHOUT & RUN. That job fell to my daughter Emily. Surprisingly, she was very enthusiastic about her task. I have to say that 1K walk was a great time. We didn't just walk the walk. We had fun with it! We synched our iPods so that we listened to a few of the same songs at the same time and just went to town with them. The best part of the ceremony was when all the cancer survivors gathered at the podium. One of the team captains spoke (see page 4) about her own journey through cancer, how much support she got from her team members and those who are no longer here. When she finished, there wasn't a dry eye in the house. It was very emotional and very positive. —KEN BALLINGER

READ MORE ONLINE...

A SON'S TRIBUTE TO HIS MOM

I recently attended a memorial service that celebrated the life of one of our Hopewell members: Margaret Guchemund. The congregants were especially moved when her son, John, spoke emotionally and eloquently about his mother. After the service I approached him and asked for a copy of his eulogy. He gave me the notes he spoke from and as I held them I felt the need to make sure the words were shared with a larger audience. Who better than the Hopewell family? For me his words are about a rich life well lived. I left the memorial feeling very positive, with a renewed sense of purpose. I hope you feel the same. Here are John's words...

—LAURIE PANCERMAN



READ MORE ONLINE...

JOIN THE CONVERSATION community 2.0

Our website has been up for six months and the feedback has been terrific. Many of you are using the site to stay informed about HopeWell's programs and events. We are seeing our site traffic grow every month.

After listening to your feedback, we are making a change to the registration process. Initially, we needed a 2-3 day turnaround to review new registrants. We have decided to automate that process. So go ahead and refer a friend to HopeWell. They'll be able to register and access the entire site immediately.

WHY REGISTER? There are two main benefits for registering on our site. First, you can sign up for programs online. And secondly, you will be able to access the COMMUNITY section. We invite you to explore this area. Write, comment, share... connect. The COMMUNITY section is password-protected so nothing you write is viewable or searchable on the general Internet. **If you have any questions, please contact us at cancerhelp@hopewellcancersupport.org**

Programs for Healthcare Professionals

HopeWell has a long-standing relationship with many healthcare professionals in the greater Baltimore area. Over the last 17 years, we have proven that we are a reliable source of support; that we provide quality psychosocial care to individuals who are referred to us.

Professionals are important to HopeWell. You share your expertise with patients, you help to normalize feelings, and you link individuals to invaluable resources. We invite healthcare professionals to learn more about HopeWell and see how HopeWell can help you work more effectively, collaboratively and more successfully with people affected by cancer.

Our programs for Healthcare Professionals include:

Professional Orientation

Get introduced to HopeWell and find out what we have to offer. You'll come

away with a thorough understanding about why our programs are such a necessary complement to medical treatment for so many individuals, families and children in our area.

Continuing Education Programs

for oncology social workers, oncology nurses, psychologists and professional counselors. Offered twice yearly, our workshops are both informative and affordable. HopeWell is approved by the Maryland Board of Social Work Examiners to sponsor Category I continuing education programs.

Oncology Social Worker Meetings

Each quarter, HopeWell invites oncology social workers to come together to share information and ideas as well as to discuss psychosocial issues and best practices. Social workers who currently work with oncology patients and their families are invited to attend. One Category II CEU is often available to participants.

House Calls Educational Series

gives healthcare professionals an opportunity to share their wealth of knowledge with our participants at HopeWell. From reporting on the latest treatment techniques to responding to the questions of informed consumers, professionals have the chance to give back to the community. At HopeWell, they are able to engage patients and their families in the comfort of our relaxed setting.

How to Refer People to HopeWell

To refer someone to HopeWell simply direct them to our website or have them give us a call at (410) 832-2719. The best way for newcomers to get started at HopeWell is to attend a Welcome meeting (dates and times are available on our website). We provide plenty of support and encouragement so that people feel comfortable exploring our community.



Dawn Stephanik, BSN, OCN, Eric Seifter, MD and Mark Brenner, MD on a panel for a recent professional workshop at HopeWell.

All of HopeWell's programs are open to people with all kinds of cancer at all stages of their journey. All our programs are provided at no cost to participants. We serve a diverse population from all over the greater Baltimore region.

For more information, give us a call or visit our website.

Phone: (410) 832-2719
www.hopewellcancersupport.org

Tell someone how much you care with a Thousand Crane Tribute



Lift someone's spirits with an expression of hope. Everyone has moments when they could use an encouraging word, especially people whose lives have been touched by cancer. Show your support with a Thousand Crane Tribute Card from HopeWell. Tributes 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.

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 Thousand Crane 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



Welcome to our newest Board member, Sally Wendler Bauer! Sally joined the HopeWell Board effective March 31, 2010.

HopeWell welcomes **Sally Wendler Bauer** to the Board of Trustees! Long a "friend of HopeWell," Sally brings an appreciation and understanding of HopeWell's mission coupled with boundless energy and dedication to reaching our long-term goals. Recently, HopeWell's board and staff management team met to mark the mid-way point in our 5-year strategic plan. It was an evening filled with an appreciation for the progress made coupled with productive exercises that focused on our future. The gathering was hosted by board member **Wendy Ginsburg** and reinforced the shared vision of board and staff to make HopeWell Cancer Support a "household name" in B'more!

Board Chair

Geoffrey H. Genth

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Standing Right Behind Me

HAYDEE M. RODRIGUEZ, HOPEWELL PARTICIPANT

When I was first asked to speak at this year's REACHOUT & RUN, I hesitated. My fear of speaking to such a large audience was quickly replaced by a question: "Hasn't HopeWell, and a group of people who were once strangers but who I now consider extended family, been there for me at the most critical time in my life?" The answer, of course, was yes and before long, I found myself speaking in front of the race-day crowd. My support group, as usual, was standing right behind me.

For over six months, I have traveled what I can only describe as a harrowing journey. Last summer, I was diagnosed with endometrial cancer. Only surgery—a complete hysterectomy—would reveal if the cancer had spread. If it had not spread, my prognosis was good. I heard those reassuring words but did not fully process them. My mind was still stuck on the sentence, "I was surprised at the finding. You have cancer."

I called a few people that day. A dear friend told me, "There is a place called HopeWell Cancer Support. They are wonderful people with lots of information. This is a long journey that puts all things into perspective. Don't be afraid to cry but also don't be afraid to embrace each day as a gift." I did reach out to HopeWell that day, and I have learned—and I'm still learning—to see each day as a gift.

To say that I was distraught after hearing my diagnosis does not begin to describe what I felt. I was angry. I was profoundly sad at the choices I was being asked to make. I was also confused and, for some time, paralyzed with indecision.

My path to recovery had serious implications. A complete hysterectomy would mean that I could never have children. For a while, I considered getting pregnant under the threat of cancer. As time passed, I wondered if that would be a wise

decision, considering all the unknowns. After much soul searching, with my support group at my side, I made the decision to have surgery. I had a hysterectomy in November.

Despite my great loss, I often find myself thinking, "Why did I live, when so many others have died?" I have failed to come up with an answer that makes sense. I just don't know. What I do know is that I feel a sense of responsibility to live each day more fully, not just for myself and my family, but also in memory of the people I have known and lost to cancer.

I am grateful for my second chance. I have traveled a rocky path with amazing men and women who were always willing to listen, care and offer encouragement, even as they struggled with their own treatment and fears. I am deeply grateful for their compassion, for their companionship and for simply being there.

Mark your calendars...
There is a lot happening at HopeWell in June!
Annual Reunion • Kids Circle Reunion
National Cancer Survivors Day!
SUNDAY JUNE 6, 2010 • 1:00 PM - 3:00 PM
Charity Dining Night at Mt. Washington Tavern
WEDNESDAY JUNE 9, 2010 • 6:00 PM - 2:00 AM



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