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This issue of "Hope" was underwritten by the Dorothy Friedman Caplan Guild. We are grateful for their support!

Move those Pegs!



REACHOUT & RUN Committee Chair, Marilyn Davis (left), and Honorary Chair, Dawn Sonntag (right), have the honor of placing the pegs that represent the significant contribution that the 2011 race made to HopeWell's annual operating budget. We are so grateful to Marilyn and Dawn for their extraordinary commitment and dedication to HopeWell.

Our annual REACHOUT & RUN is a true HopeWell event... a community in action, coming together to support people facing cancer.

We would like to thank our **SPONSORS**... all 26 of them. Your commitment, participation and support make a measurable difference at HopeWell every day.

Thanks, as well, to all the **TEAMS** that came out to Goucher to take part in the event. Your spirit was infectious and energized us all.

And, last but not least, thanks to our very special **SPEAKERS**. We are so grateful to Brett Hollander of WBAL radio for skillfully guiding us through the program. Brother James Kelly, President of Mt. Saint Joseph High School reminded us, so eloquently, why we were there. And, a special thanks to Erica Rimlinger, who cheerfully led the warmups and to her team—*Cancer Picked the Wrong Erica*—that raised over \$2,000 for HopeWell. **Thanks to all!**

HOPE

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

House Calls Speaker Series

UNPARALLELED ACCESS... ALL AT NO CHARGE

Did you know that each month, HopeWell invites local experts in the field of cancer care to share their knowledge with our community members? This program is called the "House Calls Speaker Series."

For a recent grant proposal, we compiled a list of the House Calls speakers — 55 in all — who have been to HopeWell in the past 18 months. We were reminded, once again, of the breadth and quality of this program.

From radiation oncologists to an expert on tea, and almost everything in between, the House Call Speaker Series puts HopeWell's values into motion. We offer a range of approaches, focus on every kind of cancer and strive to offer access to the latest, most accurate information.

Credit for this program goes to Carole Sharp, LCSW-C, HopeWell's Program Director and Susan Egelanian, LGSW, Assistant Program Director. Carole and Susan are determined to get well-respected experts to come to HopeWell, pull up a chair and sit down with our participants. They are tenacious in their quest.

"Nobody says no to Carole for long!" says HopeWell's Executive Director, Suzanne Brace.

Carole seeks a balance of expert voices related to cancer care: treatment, living with cancer, exercise, diet & nutrition, complementary therapies and research.

Most speaker sessions are in the evenings, but Carole tries to keep the daytime schedule filled too.

While informal, the information shared is invaluable and these programs allow participants to ask specific questions. Stories abound throughout our community of discoveries and connections made in these sessions that have changed the course of someone's cancer treatment and/or eventual outcome.

The easiest way to find out more about this Series is to visit our website. In the "Programs" section, simply select "Educational Presentations" on the left side.

To see the full list of our House Calls Speakers for 2010-2011, please visit www.hopewellcancersupport.org.



When we embarked on our planning and preparations for REACHOUT & RUN last year, we set the bar pretty high. We had to. With an annual operating budget approaching \$1M, the event needed to generate more revenue than ever before and continue to be the authentic HopeWell event that it has always been.

We worked hard to meet the challenge and with your help... we did it! After tallying all the registrations, donations, star purchases, sponsorships, and raffle tickets, we are thrilled to announce that we met our fundraising goal of \$150,000.

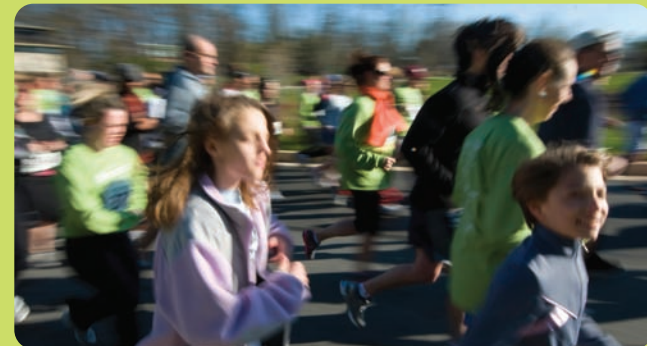
How many people came out to the event? Suffice it to say that we SMASHED previous attendance records. We had 1,336 runners and walkers... a 27% increase over 2010. Fifty-two teams participated (19 more than in 2010) and for the first time ever, five of those teams came from area schools.

We're so very grateful to everyone that spent the morning with us at Goucher. We hope that you left feeling connected to HopeWell's mission with a deeper appreciation for the vital role that we play in the Baltimore area. Thank you for your support!

**The Milton J. Dance Jr. Head and Neck Center at GBMC
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For a full list of sponsors, please visit our website.



CHRIS MULLEN PHOTOGRAPHY

To see more images from REACHOUT & RUN, go to: 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 and Emotional Side Effects

A diagnosis of breast cancer often brings with it waves of emotional reactions that can occur through treatment and beyond. Sometimes these feelings can seem overwhelming and hard to understand, much less manage. Join Dr. Sara Rosen, a psychiatrist with the Sandra and Malcolm Berman Comprehensive Breast Center at Greater Baltimore Medical Center, to learn more about the wide range of feelings and emotional responses that can surface when living with breast cancer. Questions are welcome. Please RSVP.

House Calls Speaker: Sara Rosen, MD
Monday, June 6th • 7:00–8:30 PM

The Cutting Edge in Cancer Treatments: Highlights from The American Society of Clinical Oncology Annual Meeting (ASCO)

Dr. Eric Seifter is Associate Professor of Medicine and Oncology at the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins. This evening he will talk about the very latest developments in cancer treatment discussed at the ASCO meeting taking place in early June. This is ASCO's premier educational and scientific event. Dr. Seifter will provide us with a rare opportunity to learn about the state of the art in scientific and educational developments in oncology. Please RSVP.

House Calls Speaker: Eric Seifter, M.D.
Wednesday, June 22 • 7:00–8:30 PM

View our full calendar of programs at
hopewellcancersupport.org

KEY STAFF

Executive Director
Suzanne Brace

Program Director
Carole Sharp, LCSW-C

Assistant Program Director
Susan Egelanian, LGSW

Development Director
Lily Burke

Assistant Executive Director
Carleen Kramer

Clinical Director
Thomas R. Large, LCSW-C

Communications Director
Meg Kimmel

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

Spring greetings from HopeWell!

Though cancer doesn't take a "winter break," we are often surprised that with longer and warmer days, the number of visitors increases dramatically. The weather welcomes people to venture outside, to reconnect or to make the effort to seek support if they have been thinking about it for a while.

For me, spring is a time of reflection. Watching the grounds at HopeWell re-awaken each year, seeing early spring flowers give way to meadow grasses, appreciating the start of nature's cycle once again, makes me appreciate what a gift it is, just to be present to witness the transformation.

We are, at HopeWell, reminded daily of the fragility of life, but sometimes we, the staff, "take HopeWell for granted." Occasionally, I have the privilege of hearing from participants just how much HopeWell means to

them—whether learning new things, sharing feelings, taking a class or just appreciating each other.

Recently, I sat in as a facilitator for "An Introduction to Bird Watching." It may sound like a frivolous offering among the many "heady" topics on our calendar, but that is the point! It's hard to think about cancer when you are intensely studying the shape and sounds, the habits and habitats of birds. The group ranged in age from 7 to 70. Afterward, several people came forward to tell me what HopeWell meant to them—that it helped transform fear into confidence... a sense of isolation into membership in a community... that it changed their lives. One Kids Circle mother asked, "What would we do if HopeWell wasn't here?" It is a question that gives me pause.

HopeWell is growing and growth in number of programs and participants means growth in our need to cover expenses. We are especially aware of this as we head toward our June 30th fundraising deadline.

We can't grow without the increasing support of you, our community. I do hope that you, too, might consider the question, "What would we do if HopeWell wasn't here?" and respond by lending your support. HopeWell is truly made possible by "people just like you and me," as the saying goes.

And in this season of renewal, may you take time to enjoy a moment of awareness. Come to HopeWell—you may just discover a "flock" of birdwatchers gazing skyward!



Bill and Kathy's Story

LEARNING ABOUT THE PATH THROUGH CANCER

Late last summer, Bill Dunning spent an afternoon on his family farm baling hay, as he often does. His cough was worse than usual that evening... different enough to warrant a trip to the doctor. A CT scan showed a mass in Bill's lung. The tumor turned out to be malignant. The Dunnings expected that it would be operable and they could quickly resume their lives. That was not to be.

A further PET scan showed that the cancer had already metastasized. The process of reaching a diagnosis took a full two months. Bill was Stage IV from the outset.

"It was like getting hit, by 2x4 after 2x4. We didn't know when the bad news would end," recalls Kathy Dunning.

Bill describes those early days. "When I was first diagnosed everything seemed like it was set in stone... my treatment options, the disease's progress and the eventual outcome. I felt as if I was on a downhill slide and was headed into the abyss. So naturally, my mindset was very negative when I first came to HopeWell."

After each of their first several meetings, the Dunnings felt a bit more hopeful about their future. They met people who were living well with the same diagnosis that Bill faced. They heard first-hand from others that their path through cancer was not set in stone. Bill sums it up this way. "I know the end result of my illness is not going to be any different, but I learned that the path that takes me there offers many more opportunities than I ever knew."



"At HopeWell," Bill continues, "I like feeling like I'm part of something... and, something interesting. The doctors and experts that speak at the House Calls Series are so helpful. The personal touches here make it feel like family... like a true community."

For Kathy, their monthly Networking Group is a safe place, too. "I understand why some people are afraid of coming into a group setting... they are afraid of showing emotion. But you can get a lot out of it, even if you aren't ready to share," says Kathy.

Bill agrees. "It is so different hearing conversations in person than reading it on the Internet, where there is no human warmth involved. Seeing other people warms your heart. You gain a sense for how you can handle your situation. The group offers context and perspective."

"Being in a group with others facing cancer is not always easy," adds Kathy. "Sometimes it is hard to hear the stories, to be faced with the realities of cancer. Some people might even think that it is easier not to face that. But, feeling the love and support of the group far outweighs any difficulty. It is so worth taking that first step."

Eat. Drink. Support HopeWell!

THE TAVERN WILL DONATE 10% OF YOUR BAR OR RESTAURANT TAB.

Once again, HopeWell invites you, your family and friends to have dinner or drinks on June 15th at the Mt. Washington Tavern. Ten percent of every bar and restaurant tab that night will be donated to HopeWell. This event begins at 6:00 pm until closing.

We'll be selling our ever-popular raffle tickets, offering door prizes and auctioning off some terrific packages at our annual Silent Auction. HopeWell's Auction is always stocked with great packages... sports and event tickets, getaways and gift certificates to some of Baltimore's most entertaining destinations. There is plenty to choose from for adults and families!

Reservations are required. Please mention that you are dining for HopeWell. Call 410.367.6903 and make a reservation today!

Find out more about this event in the EVENTS section at www.hopewellcancersupport.org.

CHARITY
DINING
NIGHT @ MT.
WASHINGTON
Tavern

June 15th
6:00 pm until closing



A House Calls speaker reflects...

“I was honored to have the opportunity to speak with the Breast Cancer Support Group at HopeWell Cancer Support as part of the House Calls Speaker series. The small-group, informal setting was ideal for a more intimate, open and honest discussion with a group of women facing breast cancer challenges. In addition to providing information on current therapy trends, we were able to tailor the discussion to address the questions that each participant had. They made the task so much easier as they were able to call on personal experiences to augment the clinical information I was sharing. We got so involved in our discussion that time flew by and we needed a reminder to "wrap it up." It was a beautiful, unforgettable experience.”

Dawn Johnson Leonard, MD, FACS Medical Director, Herman & Walter Samuelson Breast Care Center, Northwest Hospital

READ MORE ABOUT HOPEWELL'S "HOUSE CALLS" SERIES ON PAGE ONE.

It's time for our Annual HopeWell Reunion...

IT'S A KIDS CIRCLE REUNION & NATIONAL CANCER SURVIVORS DAY CELEBRATION, TOO!



Please join us and connect with the HopeWell community for a fun-filled afternoon of music, food, art, kid's activities and more. We will be celebrating this wonderful community we have created together over the past 18 years.

No matter how you define survivor... no matter when you came to HopeWell... we hope you will join us on this special day as we celebrate our extended HopeWell family. Mark your calendars. We hope to see you there!

Sunday, June 5th from 1:00 – 3:00 p.m.
BRING ALONG A FRIEND AND INTRODUCE THEM TO HOPEWELL!

Explore our drop-in, Networking Groups.

SPECIFIC TO YOUR NEEDS. CONVENIENT. PROFESSIONALLY FACILITATED.

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 information and flexibility to drop in when your schedule allows.

Brain Tumor Support Group

Facilitator: Anita Mentzer, 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 Hay, LCSW-C
Nancy Mulherin, RN

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

Couples Support Group

Facilitator: Nancy-Bets Hay, 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 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 Hay, 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. This group meets on the 2nd and 4th Monday of each month from 1:00–2:30 pm.

Ovarian Cancer Support Group

Facilitator: Nancy-Bets Hay, LCSW-C

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.

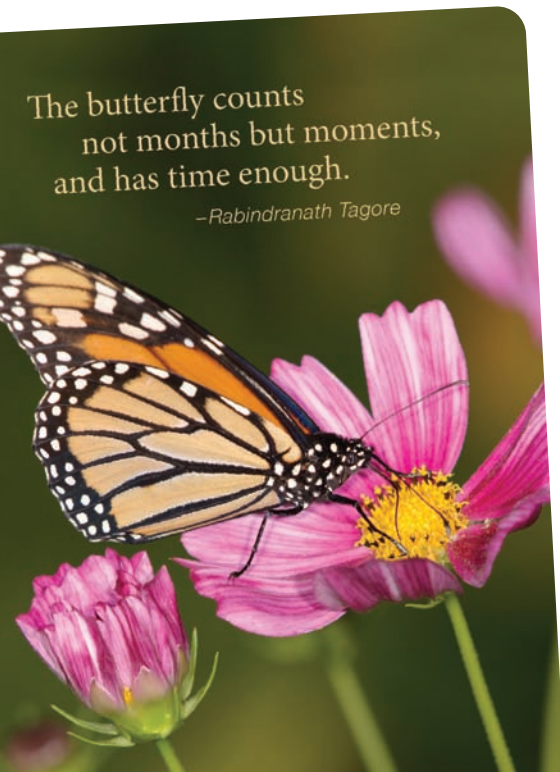
NEW DATE! NEW TIME!
NEW FACILITATOR!

Prostate Cancer Connection

Facilitator: Jeff Klug, LCPC

This group is for men who have been diagnosed with prostate cancer. These meetings will help newly-diagnosed men with their decision-making, adjustment, and resource referral. This group also supports men in active treatment and survivors with follow-up care. Meetings take place on the third Monday of each month, from 7:00–8:30 pm.

Show your support with a summer tribute card from HopeWell!



Tribute Cards are a beautiful way to make a gift in honor or in memory of someone special. HopeWell will send out a personalized card to each person you designate, letting them know that you have made a gift on their behalf.

The minimum gift per honoree is \$10.

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

Please indicate that your contribution is a Summer Tribute gift. If you have any questions, please contact the Development Office at (410) 832.2719.

SPOTLIGHT ON THE BOARD

NEWS FOR AND FROM OUR BOARD OF TRUSTEES



HopeWell Board member, Marilyn Davis

Orchestrating our 5K race each year is no small undertaking. We are so fortunate that, for the 5th time, HopeWell's dedicated Board member **Marilyn Davis** offered to chair REACHOUT & RUN. Marilyn contributes to this event on so many levels. She brings in sponsors, promotes the event and keeps the committee meetings lively with her signature snacks, drinks, and boundless enthusiasm! Marilyn's attention to detail and loving commitment to this event is so evident to all of us. Thank you, Marilyn, for helping make this event bigger and better each year! On behalf of the entire HopeWell community, thank you!

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These people might have a clue...

BROTHER JAMES KELLY, PRESIDENT, MT. SAINT JOSEPH HIGH SCHOOL

Five years ago, I was diagnosed with colon cancer. I went through colon resection, colostomy and 6 months of chemotherapy. The chemotherapy wasn't easy but I didn't miss a day of school.

Two years ago, I was diagnosed with prostate cancer and within three months it was in my liver and my rib cage. So, back to chemotherapy, this time, the "real deal." Taxotere was kicking the living daylights out of me but I still thought I could "will" my way through it.

One day, I was complaining about the chemo to my primary care doctor and he said, "I know what you're going through." I snapped. "Have you ever had cancer? Have you ever been on chemo?" "No," my doctor replied. "Then, you don't have a clue what I'm going through! You haven't got a clue!" At that point, he pulled out a HopeWell pamphlet and said, "I think these people might have a clue."

I decided to give HopeWell a try. During my first group meeting, I met Juanita. Juanita is my hero. She is on a five-year journey with cancer. The woman is the feistiest human being I've ever met. I thought, "What an inspiration she is." I got through the first couple of meetings pretty well.

Next, I met Patricia. One night at a meeting, Patricia said, "I'm having a terrible time with Taxotere." I said, "So am I." We started to swap side-effect stories.

As I was driving home that night, I felt an incredible wave of relief. I realized that what I was going through was real, that I couldn't "will" my way out of it and that I could even endure it, because I saw other people enduring it, too. I understood it. For the first time, I understood it.



Brother James is surrounded by a group of students from Mt. Saint Joseph High School.

These days, I resent anything that keeps me away from my group. I am the President of a large boy's high school so things happen at night that I have to go to, and I hate it when I have to miss group because that's where my support comes from... people who really do have a clue.

My group understands the anxiety and fear that come with cancer and nobody else gets that. HopeWell, takes care of those of us who are going through cancer as well as our families and friends. HopeWell is... incredible support.

.....
Excerpted from Brother James' speech at the HopeWell 2011 REACHOUT & RUN.

CHRIS MULLEN PHOTOGRAPHY



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