

- 2 **Winter Highlights**  
Upcoming Programs
- 2 **Why Doesn't HopeWell Charge for Services?**  
by Suzanne Brace
- 2 **Roy's Story**  
Finding time for things that matter.
- 3 **Concert for Hope**  
February 11, 2012
- 3 **Social Programs**  
Picnics, potlucks and parties.
- 4 **NEW! Oncology Professional Peer Group**

## news

**Behind the scenes of our Annual Fund Appeal**

You may have received our Annual Fund Appeal in the mail recently. There, we introduced you to Kim Ewing and her son, Isaiah (pictured at right). Kim and Isaiah have been participants at HopeWell for the past two years.

**Why are we telling you Kim's story?** To share with you, our readers, the valuable role that HopeWell plays for people who are trying to find their way past the shock of a cancer diagnosis and through the turmoil of treatment, often while life's "normal" demands—work, parenting, etc.—continue.

Our Annual Fund appeal is one way of showing you the work that we do here at HopeWell, with the hope that you will want to support this work.

**Heartfelt thanks** to Lee Tamer for the beautiful photos and Rich Sayers for bringing Kim's story to life on film. We appreciate their generous donations of time and talent to HopeWell!

**Reachout & Run**

5K RUN/WALK  
1 MILE WALK WITH HOPE

**APRIL 22, 2012**

**Walk • Run • Form a team!**  
Support those who have been touched by cancer.

We are excited to announce that **Brett Hollander**, host of WBAL 1090 AM's *Sportsline*, will be the Emcee this year.

**Early bird registration is now open at [www.firstgiving.com](http://www.firstgiving.com)!**

# HOPE

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

## The Unraveling, Part Two

**When cancer suddenly appeared in Kim's life, this psychologist and mother realized that she couldn't face it alone. She turned to HopeWell for help.**

After living through an entire year of treatment—surgery, chemotherapy and radiation—I thought my medical team had my breast cancer under control. In 2010, when I felt another lump, I assumed it was just scar tissue from my surgery. Further testing showed that my cancer had come back. I was blown away. **How could this have happened?**

"What did I do wrong?" I asked myself. "I'm eating right. I'm exercising. I'm having regular check-ups. I'm doing all the things I should to reduce my risk of having this type of cancer. Maybe I didn't do enough," I worried.

My doctors seemed surprised by the recurrence, but not the members of my HopeWell support group! "Yep. That happens." My group told me that what was happening to me had happened to some of them, too. I found that reassuring, in an odd kind of way. My HopeWell friends reminded me that I didn't have any control over cancer. They helped me to put things back into focus.

Kids Circle has helped Isaiah through this experience, too. He is doing OK now... really OK. He knows he can always tell me how he is feeling. We know how to talk about cancer and how to be there for one another.

HopeWell's support has reached into my extended family as well! My parents brought Isaiah to Kids Circle sessions while I was going through chemo. The group welcomed them and gave them an outlet for their worry about me. My parents listened, shared and learned. I know they got so much out of it.

Even though I still don't have all the answers, these days, I do what I can. I take things one day at a time. I continue to move forward and will not let the thought that my breast cancer might return be the thing that holds me back.

**HopeWell has been such a gift.** This place is comforting, uplifting and welcoming. HopeWell is so unique and such a valuable asset to the Baltimore region. I feel so very fortunate that HopeWell was here for us, when we needed it most.

I encourage everyone I meet to make that first call!

**Read Part One of Kim's story on our website:**  
[www.hopewellcancersupport.org](http://www.hopewellcancersupport.org)



PHOTOS BY LEE TAMER



**See a video about Kim and Isaiah's cancer journey and hear how HopeWell helped them navigate their way through.**  
[www.hopewellcancersupport.org](http://www.hopewellcancersupport.org)

**kidscircle™**

@ HOPEWELL CANCER SUPPORT

**A cancer diagnosis in the family is a critical juncture in a young person's life.**

HopeWell's Kids Circle and Teen Circle programs are specially designed to help young people learn to cope with a cancer diagnosis in the family. Our experienced facilitators offer an engaging mix of age-appropriate activities and professional guidance to help children and teens cope with their new reality. Our programs also teach new coping techniques and practical skills that can help children maintain relationships and stay connected to their peers and their family.



*"When I first started Kids Circle, I was nervous because I didn't know anyone and was afraid I wouldn't make friends. But when I started, it was very fun and I made some really good friends."*

**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 programs are for 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.

### Nutrition and Cancer: Finding Sources of Reliable Information

Diet and nutrition play critical roles in maintaining good health. Much is written and circulated about this topic, but the information is often confusing and sometimes contradictory. Please join Keri Ryniak, board certified oncology dietitian with the GBMC Sandra & Malcolm Berman Cancer Institute, to learn about reliable websites, books, magazines and other credible sources for nutrition and diet information when living with cancer.

House Calls Speaker: Keri Ryniak, RD  
Thursday, December 8 • 1:00 - 2:00 PM

### Yoga Nidra plus Sound Immersion: A Unique Experience

The practice of yoga nidra rests and restores, through guided imagery and deep relaxation. For this special program, the centuries-old practice of using the sounds of crystal bowls to soothe is added. Instructors will guide you through these two rejuvenating and uplifting practices.

Instructors: Gina Sager, M.D., RYT  
Patricia Norton, Sound Therapist  
December 16 • 12:30 - 2:00 PM

### A Day of Mindfulness

Join us for a day-long silent retreat with Gina Sager, M.D., RYT, to practice yoga, meditation and mindfulness. Come together to reinvigorate and deepen the practices started in the mindfulness meditation class. Our day will include a silent, shared potluck lunch. Bring your favorite dish. Space is limited.

Sunday, Dec. 11 • 10:00 AM - 3:00 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

### 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

SUZANNE BRACE, EXECUTIVE DIRECTOR

Dear Friends,

Thanks to conversations with Roy (below) and others recently, I have been thinking about how much time cancer takes from one's life. The scheduling, the traveling to and from doctor visits and tests, the interminable waits in "waiting" rooms, the hospital stays, the treatments themselves. There is the waiting on phones... for results, for "the other shoe to drop"... and that's just about the cancer. What happens to the life that filled all your hours before cancer entered the scene?

That part of cancer is also the *transactional* part, where one exchanges insurance cards for services, dollars when insurance doesn't cover—where identification and release forms are a part of every transaction. And if there isn't money or insurance, there often isn't treatment.

HopeWell is different. HopeWell is the counterbalance.

HopeWell knows that cancer turns things upside down—whether you

are young or old, rich or poor. It is a tenet of our mission—a basic belief and our philosophy—that to create a community of equals, to create a homelike environment, to be a refuge, that we would never charge for our services.

Early on, we were asked "Why not a sliding scale?" We took the question seriously and sought opinions and advice from philanthropic and business leaders. We investigated the cost of administering such a system and discovered that charging would not be cost-effective.

However, even thinking of charging and introducing the paperwork it would entail, went against our belief system of creating community. HopeWell is a culture focused on openness and comfort, of honoring each person as they are, of welcoming each individual equally. We know how much cancer can influence one's financial state. We are committed to keeping our principle in place.

The services we offer at no charge come with a significant price: professional staff, maintenance of two buildings and 8.5 acres of land, a mortgage, and the infrastructure that keeps all the balls in the air. HopeWell needs to raise nearly \$1 million this fiscal year and we have a long, long way to go. This newsletter features several options—for you, for your friends and family. Each gift is deeply valued.

Think of those who come here. We can't give back the time that cancer takes away. But we can help people appreciate the now. At a time filled with worries and waiting, HopeWell is an invaluable and welcome gift.

With your support this season, we can begin to reach our goals, ensuring we will always be here when people need us most.

With heartfelt thanks,



### STEVENSON UNIVERSITY STUDENTS SUPPORT HOPEWELL!

Read about the semester-long video collaboration between Stevenson and HopeWell in the next issue of "Hope."

## Roy's Story

FINDING SPACE FOR ART, MUSIC AND LIFE

I learned as a young person that when you take on something new you have to give something up old. I studied art formally, but have always loved playing music, too. In the late 1980s, I decided not to give that up and I brought music back into my life. I was determined to find time for all the things that were important to me.

Then, in 2005, I was visited by cancer and that changed my narrative again. I began treatment and had four separate rounds of chemo. None of them went well. If there is a possible side effect of chemo, I've experienced it.

I was surrounded by a group of loving friends who drove me everywhere. One of them told me about HopeWell. "Let's go!" I said. That day didn't end up working out. Another day, I was feeling well enough to drive myself to and from treatment on my motorbike. As I passed HopeWell, I stopped in to see what it was all about.

From the beginning, I was keen on trying yoga, as I have an affinity for practices that define a quiet space and provide a respite from distractions. As an artist, I have to have an open, creative mind space in which to work.

When my wife Anelda and I first came to HopeWell, I was doing radiation and chemotherapy and was always in some kind of pain. Our yoga instructor adjusted the postures so that they were more comfortable for me.



Roy Crosse is an abstract artist and has received worldwide acclaim for his paintings, drawings, collages and sculptures. Roy is also an accomplished jazz musician who plays the steel drum and bass. He grew up in Port of Spain, Trinidad and currently lives in Baltimore.

Her guidance made it possible for me to keep participating, no matter what my limitations were on a given day.

I resent that cancer has taken up so much of my time. I don't want to have to give up the things I love. I want to keep doing it all... art, music, yoga and even more.

HopeWell has been such an important counterbalance to all the time I spend in medical environments. It is a place where I am protected from the noise of life (and cancer). It restores my inner quiet. Whether we are at HopeWell for a yoga class, or just stopping by to walk the grounds... the stream, the woods and the open space are so soothing. HopeWell is open and unencumbered. It is a place where I can do whatever is helpful for me.

# CONCERT for HOPE



SAVE THE DATE! FEBRUARY 11 from 7:00PM-1:00AM

## Join us on February 11!

Enjoy an evening of music and friends at the historic Recher Theatre in Towson this February. Concert for Hope raises essential funds to support HopeWell.

A live auction will feature great packages. You might win: a guitar signed by Nashville's biggest stars; a Paul Reed Smith electric guitar; a private wine tasting and much more. The Wine Grab Bag will be back and be better than ever with great wines and lots of little "extras"!

PHOTOS BY CHRIS MULLEN



TICKETS ARE AVAILABLE FOR PURCHASE NOW. VISIT [MISSIONTIX.COM](http://MISSIONTIX.COM) OR [HOPEWELL.ORG](http://HOPEWELL.ORG).  
For more information, please go to [www.hopewellcancersupport.org](http://www.hopewellcancersupport.org) or [facebook.com/hopewellcancersupport](https://facebook.com/hopewellcancersupport)



## Participants and friends often ask, "How can I help?"

During this season of giving, we invite everyone to help HopeWell meet its annual fundraising goals. HopeWell is funded, each year, through the generosity of individuals, local businesses and foundations. Annual gifts — both large and small — allow us to continue offering our programs at no charge.

Feel free to use the enclosed envelope to make an end-of-year contribution to HopeWell. Or, visit [www.hopewellcancersupport.org](http://www.hopewellcancersupport.org) to make a secure, online gift.

Please help us to spread the word about HopeWell's value and need, to your friends, family and colleagues. Donations to HopeWell are tax-deductible.



*"As a Board member and WellWisher I have supported HopeWell for many, many years. But it wasn't until I, myself, was diagnosed with cancer that I truly appreciated the amount of quiet intention that goes into every decision made—from the smell of coffee brewing to the Amish architecture of the Barn. Without knowing it, HopeWell had prepared me for dealing with cancer. Now I can say I am a volunteer, a donor and a participant... and that I am truly grateful." — Connie Baker*

On behalf of the HopeWell community, we wish you a peaceful holiday season and a happy New Year, filled with love and support.

### HopeWell's Holiday calendar

HopeWell will be closed as follows:  
SATURDAY, DEC 24 thru  
MONDAY, JAN 2

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



## Gathering with friends

PROGRAMS FOCUS ON CASUAL GET-TOGETHERS AND CAMARADERIE

A cancer diagnosis brings many new feelings, worries and concerns into the lives of both the patient and those who love and support them.

While not everyone seeks support beyond that offered by family and friends, many participants at HopeWell say it has been helpful to turn to others outside their immediate circle.

People facing a cancer diagnosis can feel more socially isolated than usual. A social support system can help you cope better and feel less isolated as you make connections with others facing similar challenges.

To facilitate this process, HopeWell hosts regular **social events** throughout the year.

These are informal gatherings, meant to bring our community together, sometimes around a speaker or topic that falls under the umbrella of our "Living with Cancer" program.

One such program is the **HopeWell Healthy Lunch Club**. The initial idea for this gathering came from a HopeWell participant earlier this year. The program is developing a dedicated following. Each person attending the Healthy Lunch Club brings a healthy dish to share. Many recipes are also shared. This program is currently offered every other month. We ask that you please RSVP.

### UPCOMING SOCIAL EVENTS

**HopeWell Holiday Party for participants, families and friends.** Celebrate the holiday season with your HopeWell friends on Friday, December 9, from 6:00 – 8:00 pm. This will be an evening of festivities and fun. Please RSVP and bring a covered dish or dessert to share.

**Healthy Lunch Club** December 8; 12:15 - 1:00. Speaker to follow. (See sidebar at left.)

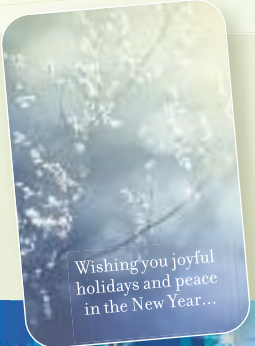
**Valentine's Day Tea** February, 2012

# Plant a Tribute Tree

HONOR, CELEBRATE OR REMEMBER SOMEONE SPECIAL...

If you have ever wondered how to make a meaningful tribute in memory or in honor of someone special, we have an exciting one-time opportunity to share! This year, HopeWell will plant 100 trees to sustain and enhance our 8-acre natural setting. Friends of HopeWell are invited to make a lasting gift by sponsoring one, or more, Tribute Trees.

**Want to get started?** First, make a \$2,500 donation (either individually or with a group of friends or family members) to this time-limited program. Then, take part in a Planting Ceremony and place a tribute wish with a special tree. Our Development Department is available to answer any questions. Please call (410) 832-2719 to find out more.



**Tribute Cards are another beautiful way to make a gift in honor or in memory of someone special.** Ordering is easy. Simply provide us with a list of names and addresses of the people you would like to recognize—along with a minimum \$10 contribution per card—and we'll do the rest. **Please be sure to indicate that your contribution is a HOLIDAY Tribute gift!**

## HOPEWELL'S BOARD OF TRUSTEES

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## HopeWell to launch a new Oncology Professional Peer Group



Over our 18 year history we have gained a great deal of knowledge and experience providing psychological, social and spiritual support programs. We have long realized that we have a responsibility and obligation to share the lessons we have learned with other oncology health care professionals.

In the past, HopeWell's outreach to oncology professionals was centered on spreading the word about our programs, which offer great benefits for their patients. "As we began to offer more professional training programs about oncology-related topics, it seemed that oncology professionals might benefit from their own program of support," says Carole Sharp, LCSW-C, HopeWell's Program Director. "As an independent source of oncology expertise, we are uniquely positioned to provide this kind of support to the professional community," Sharp adds.

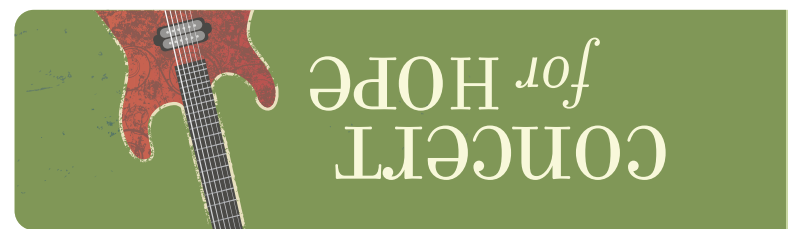
We recently received a grant to partially fund an Interdisciplinary Oncology Professional Peer Group. This group will allow participants to explore their own concerns, share them with fellow professionals and find peer support in an open and safe environment,

all to advance professional and personal learning and growth.

**We are offering several information sessions with the intent of starting the group in January, 2012.** Plans are for the group to meet at HopeWell on a monthly basis over the year. It will be an interactive group, co-facilitated by HopeWell staff. Professionals will have the opportunity to deepen and refine skills through discussion and personal exploration with understanding colleagues and will share resources and successful practices.

At HopeWell, we provide what medicine cannot. We know the power of community, that connecting with others can renew the spirit. We are pleased to offer this approach to oncology professionals.

HopeWell will be closed... SATURDAY, DEC. 24 – MONDAY JAN. 2



Save the Date for this HopeWell benefit concert!  
FEBRUARY 11, 2012 AT THE HISTORIC RECHER THEATER IN TOWSON

P.O. Box 755, Brooklandville, MD 21022-0755  
Tel 410.832.2719  
Email cancerhelp@hopewellcancersupport.org



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