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WORDS

"I stayed for the support – the support of an entire community who understood my fears, my hopes and my dreams."



"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 to me."

OUR MISSION

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.

online



hopewellcancersupport.org



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HOPE

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

MEET DAVID MORGAN
A HOPEWELL PARTICIPANT

Meet David Morgan. David moved to Baltimore from Ohio when he was 15. He went to Woodlawn High school and attended Capital University in Columbus, Ohio. David's very first job was as Santa Claus at the Hutzler's in Baltimore City. He has worked at a variety of jobs over many years and is currently retired.

David was diagnosed with prostate cancer in 2007, after a routine screening. His PSA numbers were very high but he knew he didn't want surgery or the implanted seeds. He opted to be treated by external beam radiation instead.

While he was attending a support group at Northwest Hospital (formerly Baltimore County General Hospital), he saw the HopeWell brochure. He read it and liked what he read. He decided to check out HopeWell.

The more David came to HopeWell, the more he liked it. He participated in the prostate cancer support group and attended a lot of the other programs as well. David stated, "I think one of HopeWell's best attributes is to run the participant and caregiver programs at the

same time. It just makes a whole lot of sense."

David had to take a pause from participation at HopeWell when his long-time partner, Roberta, was diagnosed with lung cancer. David was now the caregiver in an unfortunate role reversal. Roberta passed away in 2017 and David came back to HopeWell to get involved with the bereavement group.



David then had transportation and job issues, causing him to take another pause from his participation at HopeWell until the virtual meetings opened during COVID. David is happy to stay connected with HopeWell as he is currently in maintenance for his "biochemically recurrent prostate cancer."

David indicated that "once upon a time when people said the word CANCER it was a death sentence. Now, there is a much longer survival rate and more options for support. HopeWell provides comfort and acceptance and how to move on. Left to my own devices, I can get crazy. HopeWell helps me to accept where I am with my disease and live life in the new normal."

NOTES FROM A HOPEWELL GROUP FACILITATOR

By Donna Yaffe, PhD



To enjoy one's work is fortunate. To enjoy AND find great meaning in one's work is very fortunate and a gift. When I joined Hopewell in 2018 as a group facilitator, I had already been a practicing Health Psychologist for 20 years. I was well-aware from both personal and professional experience that the "cancer journey" can be physically and emotionally brutal for those afflicted and distressing for their loved ones as well. As many of you know, the Hopewell community has a way of softening the blow...while groups share tears and fears, they also provide information and most importantly, the emotional

"hug" that everyone needs when facing cancer. And humor...it never ceases to amaze me how my group participants enjoy one another through humor. I am always in awe of and touched by my group members' resilience, even though there are many days when they may not feel very resilient at all. I feel so very grateful that participants in my groups entrust me and their fellow group members with their thoughts and feelings, and I never take for granted that this is a privilege. I DO enjoy my "work" at Hopewell, and I DO find great meaning in this "work." It is humbling and an honor to be a group facilitator at Hopewell and to be welcomed as a small part of some of your cancer journeys. With much gratitude,

Donna Yaffe, PhD
Hopewell Group Facilitator

30th Anniversary Celebrations Continue

HopeWell observed our 30th Anniversary on April 26, 2023, and celebrated this major milestone with monthly activities and events. We covered events from June 2023 through September 2023 in our 30th Anniversary Newsletter last fall. The celebration and events continued from October 2023 to the present.



We held a **One Mile Run/Walk Fundraiser** at Meadowood Regional Park on October 8th, 2023. The weather was perfect, and we had a good turnout. Most importantly, we raised a substantial amount of money to support our programs.

On November 8, 2023, we hosted a **“Thankful for WellWishers”** reception in the HopeWell Barn. WellWishers are major donors to HopeWell, who support us with donations of over \$1,000 annually. We shared great food, wonderful conversations, and were entertained with beautiful music. An enjoyable time was had by all.



We were happy to schedule a **Sip & Shop** event for December 4, 2023 at **Laissez Faire & Company** in Cockeysville. We had a fabulous crowd of people who were anxious to shop. We received wonderful media coverage for this event and made some new HopeWell friends. We also received a generous donation from Laissez Faire for a percentage of sales during this event.

In between the middle of two snowstorms, **Gertrude’s Chesapeake Kitchen** hosted a Community Fundraising Dinner on behalf of HopeWell on January 18th, 2024. As always, the food was fabulous, and we filled the restaurant with friends of HopeWell. Gertrude’s donated a percentage of the food and beverages purchased that evening.



For the month of January, 2024, **Costello’s Ace Hardware store** in Cockeysville held a round-up campaign on behalf of HopeWell. We are grateful for this opportunity with a family-owned business and are thankful for the donations made by their customers.



On February 29th, 2024, we hosted a Zoom viewing of **HopeWell’s 30th Anniversary Documentary Film**. The film was created by three wonderful Stevenson University Interns, who spent the fall semester creating the film on our behalf. Thank you to Doug Hines, Haley Render, and Kristina Spurgeon for doing an excellent job on

the film. The film will soon be available for viewing on HopeWell’s website.

Over 100 people joined us on March 7, 2024 at **B.C. Brewery** in Hunt Valley for **HopeWell’s Trivia Night Fundraiser**. Trivia Host Stephen Walsh of Walsh Trivia ran a fun event with mind boggling questions. The winning team, We Are in Jeopardy, received Royal Farms gift cards and HopeWell baseball caps. A fun activity was the wine pull where people purchased numbered corks and won a bagged bottle of wine with that same number. We had twelve bottles of wine valued from \$25 to \$105. B.C. Brewery donated 10% of all food and beverage sales that evening.



SAVE THE DATES!

All Wiggged Out THE MUSICAL

May 15 – All Wiggged Out The Musical

Please join us for an evening of education, networking, entertainment, and community to view the award-winning film “All Wiggged Out The Musical.” This unique event will take place on Wednesday, May 15, 2024, from 6:00-9:00 p.m. at Towson Unitarian Universalist Church, 1710 Dulaney Valley Road, Timonium, MD 21093.

HopeWell received a grant from the Maryland State Arts Council to host this film viewing, panel discussion, entertainment, networking, and refreshments. Financial support is also credited to HopeWell’s 30th Anniversary Sponsors.



The event is free to attend, but donations will be welcomed. Complimentary lite fare and beverages will be available, as well as wine/prosecco/beer (for sale).

Pre-registration is required at <https://forms.office.com/r/R2grk0WmX5>. For more information contact Terry Weigel, tweigel@hopewellcancersupport.org, 410-832-2719 x104.

Hope to see you there!



Program Highlights



A LETTER FROM THE PROGRAM DIRECTOR TERI R. CLAYTON, LCSW-C

Dear Wonderful HopeWell Community,

It's hard to believe it has been a year since we began to bring people back to our campus for in-person programs – starting with our Family Circle activities and then adding “pop-up” on-site offerings for our adult participants.

Although we had some setbacks, in December of 2023 we were able to begin offering hybrid programs – with both virtual and in-person options to join - and now have several that meet regularly. These include our Tuesday Qigong class and our Wednesday social gathering - Midday MeetUp. We also have several support groups running in a hybrid format including Yarn, Needles and Hooks, our parent's support group – Raising Children, Facing Cancer, and one of our daytime Life with Cancer groups.

We are thrilled to see people in person once again, and to have activity on our beautiful campus, and will continue to roll out more programs as hybrid over the next few months.

We also plan to reintroduce two of our HopeWell traditions – our annual Memorial Service and Reunion. Save the Dates! The Memorial Service will be held on Sunday, April 28th, and the Reunion will be held on Sunday, June 2. More details will be forthcoming.

Many of you shared with us that maintaining a virtual HopeWell presence is important to you and your ability to participate. We heard you! Thus, while there will be some programs that are in-person only, and some only virtual, the majority will soon be in a hybrid format.

Our beloved Barn has received a facelift and is presently where all indoor programs are being held. Our wonderful Farmhouse is currently getting some much-needed attention, and we anticipate it being available for regular use in the near future.

As our 30th anniversary year celebration nears its end, we are excited to continue welcoming back our community members, renewing friendships and meeting those whom we have only seen over a screen. Now is a great time to visit HopeWell, with the meadow starting to bloom. Please take the time to introduce yourselves to us!

With much gratitude and on behalf of the Program staff,

Teri Clayton

Teri R. Clayton, LCSW-C, Program Director

A LETTER FROM THE EXECUTIVE DIRECTOR VERONICA LAND-DAVIS



Dear HopeWell Community,

How time has passed since our last newsletter when I had the opportunity to update our community on the happenings at HopeWell Cancer Support. The sight of cars turning into the driveway and the sound of participants' voices sending the message that we are back on the grounds is heartfelt. Seeing our community being served on our beautiful grounds is a joy.

In this newsletter, we hope you enjoy the article written by our talented staff; connect with our participant's journey, who courageously shares how cancer touched his life; and learn about various HopeWell activities.

The collaborative efforts of our fabulous 30th-anniversary committee, board members, volunteers, and staff have allowed us to celebrate our anniversary in a grand manner. The HopeWell community's active participation made the 30th-anniversary documentary preview, the ACE hardware donations received during the 2024 snowstorm, and the delightful dinner at Gertrude's restaurant possible. Your involvement has been extraordinary, and we extend our heartfelt thanks to everyone who attended the events, helped plan them, and spread the word.

I look forward to updating our community on the outcome of the remaining 30th-anniversary events in the following newsletter.

With your support, HopeWell will continue creating hope, for where there is a community, there is strength, and where there is strength, there is hope.

Best regards,

Veronica Land-Davis

June 12 – Community Shredding, Food Truck & Music Event

Bring your confidential documents to HopeWell's Community Shredding event on Wednesday, June 12 from 4:00-7:00 p.m. The Shred Mill will once again provide the shredding service. Please limit your boxes to 3 per person and monetary donations are requested.

After you shred, enjoy delicious food from a great variety of food trucks including: Deez Tacos, Diner on the Go, Sweet Greek Grill, and Vagabond Sandwich Company. Satisfy your sweet tooth with dessert items from Apple Core Bake Shoppe and I Loves Me Some Snoballs, Sweets & Treats. HopeWell will be selling wine/prosecco/beer to quench your thirst.

While you eat and drink, you will enjoy a musical performance by Jimmy Solesky until 8:00 p.m.

This event will take place at HopeWell's campus, 10628 Falls Road, Lutherville 21093. For more information, contact Terry Weigel, tweigel@hopewellcancersupport.org, 410-823-2719 x104.

We know you will enjoy this event!

Community Shredding & Food Truck Event





HopeWell Barn Gets a Refresh!

Thanks to generous donors, HopeWell had an Amish-built barn raised in 2009. We've had many support groups, mind/body/spirit classes, and special events in the barn and we are so grateful to have it on our campus.

Extreme weather and time made the barn look a little dreary. Thanks again to generous donors, we painted the barn in the fall of 2023, and we are thrilled with the new look and pop of color!

We hope you will visit us soon and see for yourself how good the barn looks in person.

HopeWell Administrative Staff

Teri Clayton, LCSW-C
Program Director

Danielle Eichner, ATR-BC
Coordinator for Family, Children's and Young Adult Programs

Wanda Harrison, MSW
Program Manager

Veronica Land-Davis, LCSW-C
Executive Director

Gwen Myers
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Celebrating
30
YEARS
*of Community,
Compassion,
& Hope*

HopeWell Program Staff

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Kelley Shannon, LCSW-C
Michele Tsonis, CFI, CMT
Cora Welsh, LCSW-C
Donna Yaffe, PhD

Winter Solstice Celebration

The Family Circle staff planned a Winter Solstice Celebration on December 17 in the HopeWell Barn. The event welcomed families to enjoy hot beverages, stories, creative activities, and a winter spiral walk.

The winter spiral walk is a tradition to celebrate the time of the year when the days become their shortest and the night its longest and we look for the light that comes from within. Each participant walks the spiral alone to the center of the spiral, where they place a candle. When all the participants have walked the path, the whole spiral is aglow with lights.

This was a first-time HopeWell event that we hope will become an annual tradition.

