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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

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HOPE

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

OUR COMMUNITY AT 30

The doors of HopeWell Cancer Support, then known as The Wellness Community – Baltimore, officially opened on April 26, 1993. We have come a long way since then by adding programs, growing participation, moving to a wonderfully restored farmhouse, and carrying on during the pandemic. As we celebrate our 30th anniversary year, we are moving forward by opening up our home again, freshening the rooms, and offering hybrid programs so that all can participate in person or from home.

An event is planned each month of this special year to engage the community, thank our donors and volunteers, bring participants together, and honor this special place that supports so many. Already, we have had a community shredding event, a night at Camden Yards, and a One Mile Walk/Run fundraiser. We hope that you will join in the celebration by attending one of the future events, such as the Sip & Shop night at Laissez Faire & Company, dinner at Gertrude’s, Trivia Night, or HopeFest (see back page for events and dates).

Over the years, many participants have shared the importance of HopeWell during their cancer journey. In their own words:

“I think the great gift I’ve received is recognizing a deep well of compassion in the community. And the joy that can be generated even in adversity.”

Celebrating
30
 YEARS
 of Community,
 Compassion,
 & Hope

“When the service is free, you tend to invite more people from the community of all backgrounds to come.”

“You’ve got to come to see and experience the warmth, the information, and the support that’s given to all walks of life.”

“When I got to HopeWell, I found other people in the same situation and it was like comfort.”

“They want to see their friends; they want to know how other people are doing; they want to continue to share their experience, their journey with cancer.”

“I found this to be a unique organization because it separated itself from the treatment world.”

“When you come here, you feel joy and happiness and a connectedness that just makes everybody feel better.”

“There was a normalization that would happen, that would make us feel a little bit less isolated, a little bit less alone in this battle, as we all sort of realized that we had each other to count on.”

“This has sort of become the center, the heart of our recovery journey for us.”

We toast all who have been part of our 30 years thus far, as we look to a bright future for HopeWell participants, volunteers, donors, healthcare providers, staff, and board members. Please join us in the celebration!



HOPEWELL TURNS 30!

HopeWell turned 30 on April 26, 2023, and is celebrating our 30th Anniversary with a year of events and activities.

We started the celebration in June with a Kick-Off Event, attended by staff, board, major donors, funders, and elected officials. This was our first major in-person event since 2020.

To increase our outreach in the community, we held a very successful Community Shredding Event fundraiser in July, complete with food truck and snowball truck.

While the Baltimore Oriole’s are hot, hot, hot, we received a donated block of 100 tickets and had a HopeWell Family Night at the O’s.

Just before this newsletter went to press, we held a One Mile Run/Walk Fun-Raiser at Meadowood Regional Park. Stay tuned for photos and details about that event.

We have many more events and activities to come – please see the back panel for upcoming events.

One Special HopeWell Family

Where are They Now?

Elise, Caleb, & Coby Ziv have been part of the HopeWell community since their husband and father, Edward, was diagnosed with glioblastoma brain cancer back in 2006. At the time, Caleb was 7 and Coby was 5. Elise knew that she needed to find support for the boys, as they were dealing with so many different emotions of their own, and found it in HopeWell's Kids Circle program. They participated in the Family Circle program for many years and made the best of their involvement.

When Ed died in 2011, the family again turned to HopeWell for support. This time, Elise joined the Parent Grief support group while the boys participated in the Kids Grief program. They were 11 and 9 at the time of their father's death. Often during this time, the boys

would ask their mom, "When are we going back to HopeWell again?" Elise said, "They absolutely loved being at HopeWell, where they could be with other kids who understood and were in a similar situation."

Fast forward to 2023 and Caleb and Coby are young adults. Caleb is 23 and works as a paramedic in Boston. Coby is 21 and just finished a summer internship with the Maryland Department of Information Technology. He is now in his senior year at the University of Maryland, Baltimore County (UMBC).

Elise is the ultimate volunteer and has been involved with HopeWell in various capacities since 2011. She currently serves on the HopeWell Board of Directors and is also serving on the 30th Anniversary Planning Committee. We are grateful for Elise and her sons, who continue to support HopeWell.

Caleb and Coby were recently asked to look back at their HopeWell participation and respond to some questions.

When asked what they most vividly remember about their experience at HopeWell, Caleb said, "I remember the feeling of community and support. Having kids my age who could relate was super important."

Responding to a question about the advice they were given while participating at HopeWell resulted in this response from Coby, "One of my favorite pieces of advice was the double dip ice cream cone analogy that was used to teach that it's

perfectly normal and okay to feel two emotions at once, even if those emotions are conflicting. That's a tool that I still use today."

Caleb said this when asked what was his favorite HopeWell memory. "I have so many memories from my time at HopeWell. But I think what stands out the most isn't from my time there, but from my time after. Getting to see how far everyone who was there with me has come, and how grown-up they are now, is awesome." Coby's response about his favorite memory is, "When we would be there late at night for the kids/teens grief group, and we would sometimes go up to the loft of the barn and all hang out in the giant bean bag chairs. I knew we were all in the same boat there, so we could all just exist together without needing to talk about it if we didn't want to."

The Zivs are so thankful for the existence of HopeWell in their lives and in the Baltimore community. The resources and programs offered by HopeWell to those experiencing a cancer diagnosis, as well as to their family members, is such a valuable asset to have. As you can see from Caleb and Coby's comments, the impact of HopeWell's programs has long-lasting and positive effects.



Program Highlights

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



On March 12, 2020, we offered our first virtual support group, courtesy of the determination of our pancreatic group members that the pandemic would not interfere.

We quickly transitioned all our groups to a virtual platform – barely missing a beat. And our Mind, Body, Spirit classes and other programs followed soon thereafter. HopeWell never closed. Never stopped supporting those with cancer and their loved ones. For more than three years we have been providing our robust variety of groups, classes and programs to our ever-growing community through Zoom.

In April of this year, we were thrilled to start bringing people back to our beautiful campus for our family programs. We then added "pop-up" on-site offerings for our adult participants. Both types of offerings continue.

As always, we listened to your voices when you shared that maintaining a virtual HopeWell presence is important. Thus, while some programs will remain virtual only and others in-person only, we are excited to move toward hybrid programming - which will provide both virtual and in-person options simultaneously for some events. Our goal is to have at least 80% of hybrid programs rolled out by the end of 2023, and 100% by spring of 2024.

Over the last three years we have continued to be responsive to the needs and requests of our community through our programming. During this time, we welcomed 6 new clinical facilitators and 2 new instructors to our program staff. Our **Family Circle** program was refreshed, and we added new groups and classes to our regular schedule. Among these were our **Cancer Under 40** group and a more vigorous, early morning **Awaken with Yoga Class. Yoga Nidra** was reintroduced as an evening class, by popular request.

As we celebrate our 30th year, and complete updates on our Farmhouse and Amish-built Barn, we are eager to welcome back our community members, renew friendships and truly meet those whom we've only ever seen over a screen. Please take the time to introduce yourselves to us!

With much gratitude and on behalf of the Program staff,
Teri Clayton

A LETTER FROM THE EXECUTIVE DIRECTOR VERONICA LAND-DAVIS



Dear HopeWell Community,

As I walk the calming grounds of HopeWell, I admirably reflect on the fact that, as a community, we have entered our 30th year of creating community, compassion, and hope.

Many in our community may remember that spring day in 1993 when a group of compassionate and caring people came together to support one another even though each was dealing with their journey through cancer. Who knew then this initial gathering would birth a community of equals that has lasted three decades and counting? From that spring day in 1993 to today, HopeWell has continued welcoming participants, caregivers, and their families at no charge, a keepsake we have kept as a cornerstone.

The pandemic brought uncertainty, and like the rest of the world, we had to pivot and figure out how to continue serving our community. We immediately introduced our community to Virtual HopeWell, where our support groups; mind, body, spirit classes; the House Calls Speaker Series; and other educational programs continued with little disruption for our participants. As the world transitions differently to a state of reopening, we at HopeWell recognize how important it is for us to reopen and create a safe space for our participants to return to our beautiful campus. With generous donations from HopeWell's Well Wishers, our dedicated staff have worked to upgrade the facility and install IT equipment to support and provide hybrid programs. After three years of delivering exclusively virtual programs, in the spring of this year, we have begun providing onsite programs, and we look forward to delivering hybrid programming this year. Although navigating the pandemic was challenging, the one great benefit from living through an unprecedented historical event is that HopeWell can now offer virtual, onsite, and hybrid programming for its community. We are excited to provide options that allow everyone to participate.

As the new executive director, with the support of staff, the board of directors, volunteers, and the collective HopeWell community, my vision is to continue raising awareness of our mission, explore diverse funding opportunities, and listen to our community about what support programs are needed to meet their needs as we continue our 30-year history of creating a community for all people with cancer and their families and friends. To be successful, I must turn to you, the friends of HopeWell, and ask for your support in meeting our 30th-anniversary goal to raise \$100,000.

With your support, we will continue to create the presence of hope, for where there is community, there is strength. Where there is strength, there is hope.

With deeply felt gratitude,
Veronica Land-Davis

HOPEWELL THROUGH THE YEARS – A TIMELINE

1993

After over two years of planning and fundraising, The Wellness Community – Baltimore opened its doors on April 26, 1993, at The Dulaney Center II in Towson. We were the 11th center, and first on the East Coast, within a national network of cancer support organizations. Support groups and programs start with Suzanne Brace as the Executive Director.



1995

Through the foresight and diligence of the Kohn Family, one of our signature programs, Kids Circle, launched in November 1995. Teen circle was started two years later.

1998

The first REACHOUT & RUN was held on May 3, 1998, with 600 runners and 120 volunteers. The race continued for 21 years.



2000

Due to increased demand, our programs were expanded to include Young Adults with Cancer, Couples Support Project, and Ovarian Cancer Groups.



2003

After a productive 10-year affiliation with The Wellness Community, we were ready to become an independent, local organization – HopeWell Cancer Support. That same year, we were able to purchase our current home – a restored farmhouse on 8.5 acres of meadowland, located just off the junction of I-695 and I-83 on Falls Road in Lutherville.



2003-2019

HopeWell hosted an Annual "Conference for Cancer Professionals", a CEU program designed by the clinical staff. This CEU program was an integral part of a community outreach effort and launched HopeWell's professional development series.

2005

A participant-led reunion replaces Cancer Survivors Day. We also held our first annual Memorial Service to honor the memory of HopeWell participants and loved ones.



2008

A generous gift from an anonymous donor allowed HopeWell to expand our campus. Amish craftsmen, utilizing traditional carpentry tools and framework techniques, raised the Barn in a single day on April 7, 2008. Over the coming months, the Barn was finished and Kids Circle and Teen Circle were the first HopeWell programs to utilize this new second space.

2009-2011

With the addition of new space in the Barn, our Mind, Body, Spirit program expanded, with more yoga classes, Qigong, Stretch and Tone, Mindfulness Meditation, Yoga Nidra, and more.



2016

In-depth community conversations and extensive research reveal "financial toxicity" as key cancer impact and validates our policy of never charging for our programs.



2020

In response to the onset of COVID, we closed our physical doors in March 2020, and opened our virtual doors to offer all HopeWell programs and support groups virtually through Zoom technology. During this time, we accomplished much needed upgrades to our facilities.



2021

A transition campaign was conducted and successfully raised \$1.25 million.



2022

Veronica Land-Davis is welcomed to HopeWell as the new Executive Director, succeeding Suzanne Brace's 29-year leadership efforts.

2023

HopeWell observed our 30th Anniversary on April 26, 2023, and started a year-long celebration with monthly activities being conducted each month through April 2024. The campus buildings undergo essential repairs and upgrades. A generous grant from a local foundation allowed us install state-of-the-art technology to support hybrid programming. The HopeWell board is strengthened with the addition of 5 new board members. A Family Circle Fun Day was held on April 23, the first-time participants came back to HopeWell since 2020.

HopeWell's 30th Birthday

Written by Karen Rabins, June 2023

Hip Hip Hooray! Oh Happy Day! The time to cheer is here.
Yes, HopeWell gets to celebrate; we've reached our 30th year.

We started with a different name, and in another place.
Of the Wellness Community we were a branch, in Towson office space.

We had our groups and did good work, and gained a following.
To those with cancer and their families, a calmness we did bring.

In 13 years we realized we wanted to break free.
We changed our name and bought a house, and HopeWell came to be.

We've grown so much in recent years, with lots of different groups-
Yoga and art and exercise, just to name a few.

The barn was built and gives us space for movement groups to meet.
The house is getting all fixed up and soon will be complete.

We had a test when Covid came and quickly learned to zoom.
We got quite good but hope that soon, our in-house groups resume.

The teams who work at HopeWell are so proud of what we do,
We gladly give support and hope, and education, too.

With time comes change and that we've had; our teams, of course,
have changed. And just this year we had a shift, our ED [executive
director] we did exchange.

Our dear Suzanne, who led us all, through all our 3 decades,
Has stepped aside, (to get a life?), and earned great accolades.

Her wisdom showed when she did choose Veronica to take,
The job from her, and grow with it- we know she'll be first rate.

We're thankful for our 30 years, we celebrate and smile.
And hope that we will still be here for quite a long, long while.

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
Database Manager

Jeremy Roman
Administrative Coordinator

Terry Weigel
Development Director

Doria Wiedel, CPA
Finance Manager



P.O. Box 755, Brooklandville, MD 21022-0755

Tel 410.832.2719

Email cancerhelp@hopewellcancersupport.org

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HopeWell Program Staff

Tambra Chisolm, LCSW-C
David Cunningham, Artist
Danielle Eichner, ATR-BC, LCPAT
Andrew Giordano, ACSM-CPT
Susan Glore, LCPC
Becky Halagarda, MSW, CCLS, CTRS
Wanda Harrison, MSW
Stacey Johnson, RYT
Jamila Keita, YT-200
Stephanie King, LCSW-C
Kayleigh Koehler, CCLS
Pia May, LCSW-C
Jeanette McTegart, RYT
Anita Mentzer, LCSW-C
Alexis Mills, LCSW-C
Nancy Mulherin, RN
Bonnie Schulman, PT
Kelley Shannon, LCSW-C
Michele Tsonis, CFI, CMT
Cora Welsh, LCSW-C
Donna Yaffe, PhD

Save the Dates!

HopeWell's 30th Anniversary celebrations continue through April 21, 2024. Please mark your calendars for these upcoming events and look for additional details to come prior to each event.

DECEMBER 4 Sip & Shop Fundraiser at Laissez Fair & Company in Cockeysville. Shop between 4:00-8:00 p.m. on this date and HopeWell will receive 15% of all purchases. There will still be time to make last-minute Hanukkah purchases and plenty of time to do your Christmas shopping.

JANUARY 18 HopeWell Fundraiser Dinner at Gertrude's Chesapeake Kitchen at the Baltimore Museum of Art in Baltimore. Dine at Gertrude's between 5:00-9:00 p.m. on January 18th and HopeWell will receive a percentage of your entire dining purchase. Reservations are strongly encouraged as this event will sell out. Call 410-889-3399 to reserve your table.

FEBRUARY Look for our announcement of a short documentary film to commemorate 30 years of HopeWell.

MARCH Trivia Night at the Barn and Via Zoom. A date will be announced later this fall for a fun Trivia Night. You can participate via Zoom or come to the HopeWell Barn and play in person. Create a team with friends/family/co-workers and have a fun night.

APRIL 20-21 HopeFest

SATURDAY, APRIL 20 Concert for Hope at Barley's Backyard Uptown in Towson. 7:00-11:00 p.m. Performance by BEATLEMANIA AGAIN

SUNDAY, APRIL 21 Family Festival at HopeWell (Details to come!)

