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HOPE

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

— HOPEWELL PARTICIPANT SPOTLIGHT —

MEET MARSHA HAMMOND

Marsha Hammond is a long-time friend and participant at HopeWell, having connected with us in 2014.

Marsha grew up on a family farm in Weyers Cave, Virginia, before relocating to Baltimore to attend the Maryland Institute College of Art (MICA). She earned her undergraduate degree in sculpture in 1998, followed by a master's degree in art education from MICA in 1999. She later taught in Baltimore County public schools, as well as in higher education at MICA and Johns Hopkins University.



with. Marsha spent the year after treatment sharing this idea with other cancer warriors by creating a social enterprise. Using her artistic talents and passion, Marsha founded Dhremo Therapy (www.Dhremo.com), a company that rhymes with chemo. Marsha designed inspirational apothecary labels for chemotherapy bags to encourage patients to shift their outlook, making their time in the infusion center easier and providing a visual cue to help them reclaim their strength during treatment. For example, on

the chemo bag might be a label that says "Sunshine," "Light," or "Love." Over the past decade, she has shipped Dhremo Therapy IV Decals to patients and hospitals in 48 states and 11 countries.

She has been in remission for 11 years and is being closely monitored but is no longer receiving treatment, which is good news. In 2023, while enjoying an ice-skating outing with her family, she fell on the ice and suffered a brain injury. So now Marsha must deal with vision impairment, cognitive impairment, balance issues, and daily migraines, along with other symptoms. Unfortunately, Marsha is unable to continue her work in Higher Education, but she has returned to her daily love of art-making while she is also healing.

When asked how she manages all her medical issues, Marsha stated, "I navigate life one day at a time. I just try to connect all the different pieces of my life and make sense of it. Coming to HopeWell has helped me stay sane and has helped me to live in the moment, taking one day at a time."

Marsha spends much of her time with her blended family, her partner Adam, and his two sons (16 & 18), and her son (now 15). She still works on her art that she loves so much, because it is a pathway to healing. In closing, Marsha said, "I love HopeWell and tell everyone I know about this magical healing place! When you are faced with cancer it's easy to lose sight of the power you hold within your mind and spirit. Finding HopeWell was finding that part of myself again. What a gift to be welcomed into such a beautiful healing space to build the strength, resilience and community to face whatever comes next."

Marsha was putting her 3-year-old son to bed on Mother's Day, 2014, and upon adjusting her clothing, she felt a lump in her breast. She immediately went to have it checked out and learned that she had stage 2 breast cancer. Her doctor at GBMC sent Marsha to a therapist for a free session to help with coping with cancer. While there, she noticed HopeWell's brochure on a table in the corner. She picked it up and drove straight over to HopeWell, where she met Wanda Harrison, our program manager. It was then that Marsha let her bottled-up emotions out, felt safe to do so, and, when she learned what HopeWell could offer her, found hope. The first time she stepped into our Amish-built barn, she felt an immediate connection because it reminded her of her family farm in Virginia.

Marsha attended support group sessions but realized they were not a good fit at the time. Marsha was drawn to the mind/body/spirit classes and regularly attended yoga, Qigong, tai chi, and meditation. This was just what Marsha needed: to find her inner power in a situation that felt powerless. She discovered that meditation helped her most, so she regularly attended the Monday meditation sessions. She found strength in the community and built lasting friendships that would carry her through and past cancer treatment. She would attend every Monday, and each week learned a new way to meditate and practice mindfulness. She still participates in various mind/body/spirit classes whenever possible.

As an artist, Marsha used her creativity by relabeling all her chemo IV bags as the "solutions" she'd like to be infused

WORDS

"We believe in the spirit of community as part of the healing process."

- Participant



OUR MISSION

To create a community for individuals impacted by cancer, including family and friends, by providing support and education to empower each person on their journey with healing, resilience, and hope.

OUR VISION

To be the premier support resource for individuals impacted by cancer.

online

-  hopewellcancersupport.org
-  [/hopewellcancersupport](https://www.facebook.com/hopewellcancersupport)
-  [/thehopewellcancersupport/#](https://www.instagram.com/thehopewellcancersupport/)
-  [@hopewellcancersupport7518](https://www.youtube.com/channel/UC...)
-  [hopewell-cancer-support/](https://www.linkedin.com/company/hopewell-cancer-support/)

CIRCLE OF STRENGTH LAUNCH IS A SUCCESS

HopeWell, in collaboration with the Baltimore Ravens and the Johns Hopkins Sidney Kimmel Comprehensive Cancer Center, launched the Circle of Strength on March 30, at the Baltimore Ravens Under Armour Performance Center. The evening brought together over 50 men and women to address the unique emotional and physical challenges that a cancer diagnosis imposes on men affected by cancer, as well as their families.

The event, made possible by a generous Community Outreach and Engagement

grant from the Kimmel Cancer Center, served as a powerful platform for sharing inspirational stories of resilience. Attendees heard from men currently navigating their own diagnoses as well as the resolute men and women providing essential care for their loved ones.

Dr. Otis Brawley, Bloomberg Distinguished Professor in the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins University, was the featured speaker.

The Circle of Strength will now continue



as a twice-monthly support group, led by Fabio Lomelino, LCPC, the group's new facilitator.

For more information about the Circle of Strength, <https://www.hopewellcancersupport.org/circleofstrength>

NEW FACES AT HOPEWELL

Meet Leslie Davis, HopeWell's New Community Outreach Specialist



HopeWell is excited to welcome Leslie Davis, a proud Baltimore native and graduate of Pikesville High School

and Towson University. After 34 years away building a dynamic career in broadcast journalism and corporate communications, Leslie has returned home.

Leslie began her career in television news, working with stations in Maryland and Michigan including WMAR, WHAG, and WNEM, before transitioning into communications roles with Fortune 500 companies such as Dow Corning/Hemlock Semiconductor and OI Glass, Inc. Her passion for storytelling, connection, and service has been at the heart of every step.

Now, Leslie brings that same passion to HopeWell as our new Community Outreach Specialist, dedicated to increasing awareness of the incredible cancer support services we offer. She's excited to get out into the community, build relationships, and help more individuals and families discover the hope, healing, and community that HopeWell provides.

Welcome Fabio Lomelino



Fabio Lomelino, LCPC, joined us in early March and will be the facilitator for the newly formed Circle of Strength, two all-male support groups.

We launched the new support groups on March 30th at the Ravens training facility, where we hosted an information session and workshops. The support groups will start meeting regularly in mid-April, with one track for men going through the cancer experience and one for male caregivers. The two groups will come together for specific workshops and retreats throughout the year. We are thrilled to launch the new support groups with Fabio leading them.

When asked what he is looking forward to the most, Fabio stated, "I am really excited about getting this programming for men started. As a male therapist, I have always felt that men could benefit more from psychosocial support, but most of what is offered to them does not speak to the specific needs of the male spirit."

Fabio grew up in São Paulo, Brazil, and came to Annapolis, MD, to attend St. John's College to study philosophy. "I ended up sticking around and eventually found a way to put my love for philosophy to more practical use, attending the Pastoral Counseling program at Loyola University."

Fabio lives in Pikesville with his wife, Bahar, and two boys. Welcome to HopeWell!

Welcome to Mary Pinkard



We are happy to welcome Mary Pinkard to the HopeWell instructor team. Mary started

with us in the summer of 2025 and teaches Qigong. Mary has expertise across multiple wellness disciplines and has studied with leading Qigong teachers. She is a Level II Professional with the National Qigong Association and a certified ISTA Sound Healer, with additional certifications in Tai Chi, Feng Shui, and Yoga. She maintains professional affiliations with the National Qigong Association, International Sound Therapy Association, American Aerobics and Fitness Association, and American Dowsers Association. The integration of music and wellness education deeply informs her Qigong practice and teaching.

In her free time Mary enjoys being outdoors with her family, and dog Rookie.

Meet Cari Stein



Cari Stein recently joined HopeWell's staff as a Seated Qigong instructor. She has been

practicing, studying and teaching Qigong for nearly 15 years. Ever since she started learning this Chinese movement practice for health and well-being, she has wanted to share it with others. "I've been passionate about the mind-body connection for as long as I can remember and have studied a variety of meditation and yoga practices as well as Qigong," stated Cari.

Before teaching Qigong, Cari was a professional journalist for more than 40 years producing a wide range of local, national and international news and documentary programs.

Cari is married to Irv Stein and they have adult boy-girl twins. She tutors children in the Bahamas in reading via WhatsApp and volunteers at the Mount Washington Pediatric Center.

Donna Yaffe Clinical Lead

Donna Yaffe has been a facilitator at HopeWell since 2018, leading the Ovarian Cancer support group, as well as the Couples support group. As of October 2025, Donna has taken on the role of Clinical Lead, overseeing the clinical aspects of HopeWell's programs. We are excited about Donna taking on this new role.

In Memorium

In Memory of Thomas Large

8/1/1954 - 11/23/2025



HopeWell lost a beloved colleague, Tom Large, on November 23, 2025. Tom was involved in the founding of The Wellness Community in 1998, where he was the Clinical Director, caringly supervising the facilitators of all of the support groups, while also facilitating the Prostate Cancer support group himself. He continued in that role when the organization restructured and became HopeWell Cancer Support in 2003, until retiring from HopeWell. He continued to be involved with HopeWell and

was always available for consultation.

Tom was a kind, warm, gentle man who led his team with empathy, wisdom and humor. He was able to provide knowledge and encouragement while being supportive of everyone's concerns and differing approaches. Though Tom had extreme vision impairment, the staff always felt seen by him. He is missed deeply.

So to Tom — "May the long-time sun shine upon you, May all our love surround you, And may the clear light within you Guide your way home."

In Memory of Dr. Jill Marla Asch

5/16/1962 - 4/15/2024

The HopeWell board and staff mourn the loss of our dear friend, Dr. Jill Marla Asch. Jill began her association with HopeWell in 1995 as a participant and, while in remission, became an active volunteer. She was a member of the Race Committee for many years and oversaw volunteer recruitment. Jill was full of life and had many connections in the greater Baltimore Community. She worked tirelessly to introduce people in her personal and professional network to HopeWell. Jill was a Doctor of Optometry and worked in the Optician Department of Walmart in Towson. She helped HopeWell secure several substantial donations from Walmart stores in the area. Jill was actively involved in planning HopeWell's 2024 Concert for Hope and was scheduled to volunteer on April 20, 2024, but unfortunately, she passed away on April 15th.



HopeWell is forever grateful for Jill's heartfelt passion for our mission. Her kindness extended beyond her lifetime through a generous bequest from her estate. To honor Jill's spirit and memory, we will dedicate a bench on our campus—a lasting tribute to her, where all can remember the warmth and light she brought to our community.

Program Updates

A LETTER FROM HOPEWELL CLINICAL LEAD AND SUPPORT GROUP FACILITATOR DONNA YAFFE, Ph.D.

Does it seem like there are more and more programs, workshops, and other events to register for at HopeWell in recent months? Well, that's because there are! We continue to offer more opportunities for cancer education, community, and fun, and are listening to what you have told us you want. This past winter has been no exception, and despite the cold and crazy weather, we were able to hold many events.



On December 21st, we held our annual Winter Solstice gathering, offering a warm and reflective space for participants and families as the year came to a close. Additionally, we continued to offer a diverse range of workshops over the past several months, including Your Health/Your Voice, Nutrition for Survivorship, Finding Joy, and Clinical Trials. Several family-centered events were held through our Family Circle Program, giving families the opportunity to connect through fun, engaging and supportive activities. And, as we continue to offer more to our current HopeWell community, our outreach efforts remain strong. We have maintained a visible presence in the community by participating in multiple health fairs throughout Baltimore County and Baltimore City.

Looking forward to the Spring and Summer, we will continue to make expansion of men's programming a high priority. This recently began with the launch of the Circle of Strength event at the Raven's training camp on March 30th. Circle of Strength is a new initiative dedicated to supporting men affected by cancer – patients, survivors, and caregivers. On June 6-7, we will hold the Spring Into Wellness event, a weekend event aligned with National Cancer Survivors Day, where we invite the community to come together for education, awareness, fun, and meaningful connection. On July 25th, we will host our annual Youth Retreat, a dedicated retreat for youth affected by cancer offering community-building, wellness activities, and supportive engagement. And there is so much more...please look out for your HopeWell emails and see us on social media to keep abreast of the many opportunities for continued connection with your HopeWell community!

We look forward to seeing you on campus, on Zoom, and/or at off-campus events! Please continue to let us know what you want and need as you navigate your or your loved ones' cancer journey. Thank you for choosing to be a part of the HopeWell community and we wish you a spring and summer full of hope, healing, and joy...

Fondly,

Donna Yaffe

Donna Yaffe, Ph.D., Clinical Lead

A LETTER FROM THE EXECUTIVE DIRECTOR VERONICA LAND-DAVIS



New Season, Same Mission — Stronger Than Ever

Spring invites us to stop and notice the quiet power of renewal. It reminds us that even after long seasons of challenge, growth is still possible—and hope can take root again.

As we welcome this new season, our mission remains constant. We exist to support individuals and families affected by cancer with compassion, dignity, and care. While the landscape around us continues to shift, our pledge to walk alongside our community has merely intensified. This is not a new beginning—it is a stronger continuation.

Over the past year, we have seen incredible resilience. We have heard stories of courage during diagnosis, perseverance through treatment, and strength during survivorship. We have also learned that healing is not just physical. It happens through connection, understanding, and knowing you are not alone. These moments, shared in support groups, educational sessions, and community spaces, have strengthened our commitment to serve the whole person.

Spring brings new possibilities and fresh energy to continue our mission. We are reaching out to more people, building stronger partnerships, and focusing even more on health equity so that support reaches those who need it most. For example, our new Men's Support Initiative will offer group sessions and educational resources for men diagnosed with cancer and male caregivers. We are also providing a variety of workshops led by local medical professionals and community partners to make sure our community gets the information they need for their cancer journey. Through these efforts in education, advocacy, and care, we are building a healthier, more supported cancer community.

None of this work happens in isolation. It is made possible thanks to a community that believes in hope, action, and collective care. Your support—whether by participation, volunteering, advocacy, or giving—creates real impact. It makes certain that no one has to navigate cancer alone and that every person we serve is met with respect, understanding, and support.

As we enter this new season, I invite you to help us continue our mission of compassionate cancer care. You can get involved by sharing our mission with your family and friends, volunteering your time, or making a donation to keep our programs free for those we serve. By supporting us in these ways, you help bring hope, healing, and strength to our community.

A new season has arrived. Our mission continues, and thanks to our HopeWell community, we are stronger than ever.

With hope and purpose,

Veronica Land-Davis

Veronica

SAVE THE DATE
HOPEWELL CANCER SUPPORT'S
SUMMER YOUTH RETREAT
July 25th, 2026
9:00 a.m. - 4:30 p.m.

JOIN US FOR A DAY OF FUN, FRIENDSHIP, AND SUPPORT!

Our Summer Youth Retreat is a free event for youth aged 5-17, with an adult loved one who is a survivor, thriver or newly diagnosed with cancer, as well as youth who have lost an adult loved one to cancer. The Summer Youth Retreat is a space for youth to connect with others who understand what it's like to have cancer impact their family, while enjoying exciting activities, outdoor adventures, and meaningful conversations. Parents and Caregivers there is a space for you too!

STAY TUNED FOR MORE INFORMATION
WWW.HOPEWELLCANCERSUPPORT.ORG/YOUTHRETREAT

familycircle
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Please Join Us!

We hope you will plan to attend HopeWell's inaugural
Spring Into Wellness Expo
on Saturday and Sunday, June 6 & 7, 2026

This new two-day event will take place at the
HopeWell campus at 10628 Falls Road in Lutherville

This free event will feature speakers on a variety of subjects, as well as hands-on activities. Some vendors will be selling products and hand crafted items so come prepared to shop. We are still accepting vendor applications and are also seeking event sponsors!

You can get regular updates by checking HopeWell's website:
www.hopewellcancersupport.org/springintowellness

For vendor information, contact CherylJanssen2022@gmail.com.

For general event information, contact tweigel@hopewellcancersupport.org

You will enjoy one or two days of:

- Wellness Practitioners
- Holistic Professionals
- Artisans
- Food Trucks
- Support Groups
- Yoga
- Tai Chi
- QiGong
- Meditation
- Sound Healing
- Workshops
- Activities For All Ages
- Nature Walk
- Jewelry
- Crystals
- Reiki
- Psychic Readers
- Free Raffle
- Natural Self-Care Products
- Aromatherapy
- Fairy Hair

AND MUCH MORE!



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Kayleigh Koehler, CCLS
Fabio Lomelino, LCPC
Jeanette McTegart, RYT
Alexis Mills, LCSW-C
Nancy Mulherin, RN
Mary Pinkard
Cari Stein

Save the Dates!

2026 Ravens Raffle

Win 4 season tickets

for the 2026 Football Season

Tickets on Sale April 15-July 30

<https://www.hopewellcancersupport.org/ravensraffle26>

Community Shredding Event

Wednesday, June 17, 2026 – 4:00-7:00 p.m.

HopeWell Campus, 10628 Falls Road, Lutherville 21093

Trivia Night

Thursday, November 12, 2026 – 6:00-9:00 p.m.

B.C. Brewery in Hunt Valley

HopeWell Administrative Staff

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Leslie Davis
Community Outreach Specialist

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Coordinator for Family, Children's
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