

- 2 Meet Maneeza Khan
- 2 Inaugural Wellness Expo
- 2 2026 Summer Youth Retreat
- 3 Letter from Veronica Land-Davis, Executive Director
- 3 Program Updates
- 3 Taking Care of Caregivers
- 4 Meet Sherri Bauman, RN, MS
- 4 HopeWell Board Updates
- 4 Concert for Hope 2026 was a Hit!

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

f /hopewellcancersupport

ig /thehopewellcancersupport/#

yt @hopewellcancersupport7518

in hopewell-cancer-support/

HOPE

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

HOPEWELL PARTICIPANT SPOTLIGHT

MEET ANJELICA HEBRON-WOFFORD

For Anjelica Hebron-Wofford, Baltimore has always been a place of rebuilding.

She spent her early childhood in Brooklyn, New York, until a devastating fire destroyed her family's home and her mother's brownstone duplex rental property. With family in Maryland, they came to Baltimore to start again. Baltimore became home.

Anjelica attended school in Maryland and began building a career that would eventually place her at the intersection of hospitality, investment, development, and some of Baltimore's most ambitious revitalization efforts.

While working with Plank Industries, the private family office of Under Armour founder Kevin Plank, Anjelica became deeply involved in a portfolio of investments spanning hospitality, real estate, spirits, venture capital, and development. Her work touched projects including the opening of Sagamore Pendry Baltimore and orchestrating many openings and large-scale events. But her role went far beyond events and openings. Anjelica managed high-net-worth equity tours designed to introduce potential investors to the vision behind one of the country's largest urban renewal efforts. That experience ultimately gave Anjelica the foundation to build something of her own.

In 2018, she founded Hebron & Company, an event production and fundraising firm, becoming a full-time entrepreneur in 2020. She also planted roots in Canton, in the heart of the city where she had built so much of her career.

Then, in November 2021, life asked her to rebuild again.

Anjelica's younger sister, Emerald, passed away unexpectedly, leaving behind her twins, Yari and Yasmein. While grieving her sister, Anjelica became their legal guardian and went from aunt to parent almost overnight.

She raised two teenagers while running her company and carrying her own grief. And because she could not change what happened to Emerald, she found a way to make something meaningful from the loss. She created Emeralds Are Forever, a nonprofit providing scholarships to young people who have experienced the loss of a parent.

Then, in June 2024, Anjelica was diagnosed with Stage 2b cervical cancer, that quickly progressed to Stage 3b.

For a woman accustomed to building, managing and taking care



of others, cancer required something entirely different: allowing people to take care of her.

Chemotherapy and radiation were followed by complications, surgeries, procedures and blood transfusions. But some of the hardest parts were the things medicine could not fix—the fear, the changes to her body and the question of who she would be when treatment was over.

Searching for people who might understand, Anjelica found Hopewell in November 2024.

"I was struggling and needed to connect with a community," she said. "As cancer survivors, we are trying to find ourselves in other people."

At Hopewell, she found people who understood without requiring an explanation. She joined the Young Adult Support Group and the Coping with Cancer and Survivorship Support Group—"they're my safe space."

When Anjelica eventually entered remission, another survivor congratulated her and jokingly said, "Welcome to PTSD." She understood exactly what they meant.

Surviving cancer did not mean simply returning to the woman she had been before it. It meant learning her body again, processing what she had survived and figuring out how to live fully while still dealing with the effects of treatment.

Today, she is doing that while watching life move forward in ways she once prayed, she would be here to see.

At 18, Yari and Yasmein have both left for college – Yari at American University and Yasmein at North Carolina A&T State University. She got them there. And she is still here.

Now, after years of building businesses, helping bring investment into Baltimore, raising her sister's children, preserving Emerald's legacy and fighting for her own life, Anjelica is learning what it means to build something else: a life that makes room for her, too.

Years later, Anjelica has built a home in Canton, a business, a family and a legacy here. And when she became the one who needed rebuilding, she found a community willing to help hold her together. That is what she found at Hopewell.

"I tell everyone I know about Hopewell," Anjelica said. "It is the best place to find community, and it inspires you to become the best version of yourself."

Meet HopeWell's Summer Intern, Maneeza Khan



We had the pleasure of hosting Maneeza Khan as our intern for the summer. Maneeza is a senior at Johns Hopkins University, and came to us via the Walter Sondheim Jr. Maryland Nonprofit Leadership Program, which is part of the Maryland Public Service Scholars program. Maneeza was a joy to work with and we miss her dearly. Here are some of her reflections on her time spent at HopeWell.

“Cancer has touched my family in many ways, so my work at HopeWell this summer felt incredibly personal and fulfilling. From day one, I immediately felt a part of the HopeWell family and was touched by all the stories of hope and resilience I heard during my time there.

As an intern, I assisted with a wide range of activities, including cancer support groups, Family Circle programs, mind/body/spirit wellness classes, and supporting the wonderful instructors in executing compassionate, high-quality programming every day.

Beyond program operations, I worked closely with Leslie, HopeWell's amazing Outreach Specialist, to expand HopeWell's outreach across Baltimore City. This included refining the organization's stakeholder database, meeting with community partners to strengthen collaborations, and conducting outreach through flyer distribution and community engagement in neighborhoods throughout the city to increase awareness of HopeWell's free services to people living with a cancer diagnosis.

My proudest accomplishment this summer was contributing to the planning, coordination, implementation, and evaluation of HopeWell's Summer Youth Retreat. Children in families affected by cancer are often overlooked, despite the profound impact a loved one's diagnosis can have on their emotional well-being. Seeing their faces light up with laughter and excitement reminded me that even a single day of support and connection can create lasting childhood memories and make a meaningful difference during an incredibly difficult time.

My internship at HopeWell reinforced my belief that meaningful public health work extends far beyond providing services; it is about building trust, fostering community, and meeting people where they are. Whether I was supporting cancer support groups, expanding HopeWell's outreach across Baltimore neighborhoods, or helping plan community events, I saw firsthand how compassionate, person-centered care can make individuals and families feel seen, supported, and empowered.

I was especially inspired by the unwavering dedication of the HopeWell staff, who embodied the organization's mission in every interaction and demonstrated that empathy is just as important as expertise. I want to take a moment to thank each staff member who made my HopeWell experience so joyous.

Thank you, Gwen, for being the best supervisor and mentor: your kindness and joy inspire me every day. Thank you, Terry, for teaching me the ropes of fundraising over many afternoons filled with laughter: I will miss your humor dearly. Thank you, Leslie, for trusting me with spreading HopeWell's work: I am inspired by your passion. Thank you, Jeremy, for troubleshooting all my issues: I am grateful for your willingness to help at all times. Thank you, Danielle, for trusting me with the planning of the Youth Retreat: I will strive to embody the same dedication you have shown towards your work. Thank you, Wanda, for your kindness: it was an extra special day when you were in the office. And last but not least, thank you, Veronica, for your transformational leadership and mentorship: your dedication to centering HopeWell's mission at every step has inspired me to always carry the community with me.

As I move forward in my career, I will carry with me the importance of listening first, collaborating with community partners, and designing programs that address not only physical health but also emotional and social well-being. I am proud to be continuing as a volunteer at HopeWell and being part of the community for many more years to come!”

Inaugural Wellness Expo is in the Books!

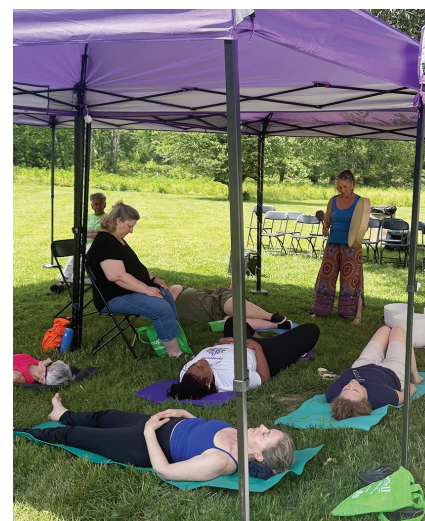
The place to be on June 6-7, 2026, was at HopeWell for the first annual Wellness Expo. This new event featured keynote speakers who are noted doctors, including oncologists, from LifeBridge Health, GBMC, and Johns Hopkins. Sessions emphasizing mind/body/spirit practices (yoga, qigong, martial arts, sound bathing, and more) were also offered.

The barn and grounds of HopeWell also hosted over 40 vendors representing wellness businesses, arts and crafts, and home care services. Food trucks and a popular snowball truck offered refreshments and welcome relief from the early-June heat.

The dates for the Wellness Expo were chosen to coincide with National Cancer Survivors Day on June 7 and included a survivor panel discussion, and a panel of physicians to discuss “A Multidisciplinary Approach to Cancer Care, Wellness, and Survivorship.”

People who attended this free event were given many opportunities to attend sessions, visit vendors, participate in raffles, participate in line dancing and karaoke, and walk HopeWell's 8-acre campus with a guided map.

One special highlight was the unveiling of a free book library located near the barn. This wonderful addition to the campus was built by three girl scouts who spent more than 48 hours on the project to earn their Silver Award. Ava Adger, Emma Den Herder, and Ellie Huntimer wanted to help support people living with cancer, and those people supporting them. They wanted to make a difference for the HopeWell community. Thank you to these young women for their outstanding work.



2026 Summer Youth Retreat: Building Calm, Courage, and Connection



Our 2026 Summer Youth Retreat was a meaningful and memorable experience for youth ages 5–17 whose lives have been impacted by cancer and their adults. This free all-day retreat offered a welcoming space for youth to connect with others who understand their experiences, enjoy new adventures, express themselves creatively, and build tools for navigating difficult emotions. Adults also had an opportunity to connect through support and movement sessions.

Our younger participants explored “Building Your Calm,” learning about the hand model of the brain, emotions, and what happens when we “flip our lid.” Through breathing exercises, the 5-4-3-2-1 grounding technique, and safe ways to release emotions, participants discovered different ways to calm their bodies. Each child created a personalized coping toolbox with worry stones, jellyfish calm-down bottles, and coping strategy cards that resonated with them.

Creativity and confidence took center stage during Superhero Capes, where the younger youth discovered the strengths and “superpowers” they use when facing the challenges of cancer in their families. They were especially excited to be joined by real-life superheroes from Super Hero Support, who helped bring the experience to life! Face painting, superhero photo shoots, and empowerment poems gave participants even more opportunities to celebrate their courage and resilience.

Both younger and older youth also had the chance to work with DJ from Words by DJ, experiencing Poetry & Prose On Demand, an interactive typewriter experience that captures the magic of the moment. Participants were invited to share their thoughts, feelings, and experiences and watch as their words were transformed into personalized poetry and prose.

Older youth explored emotions through music, scent, drumming, and other sensory activities. Through Building Your Calm and Mask Making, they created personal coping toolboxes and used art and poetry to explore the feelings they share with others and those they may keep hidden. And, of course, Goat Yoga presented by BreakAway Yoga, brought plenty of laughter and fun!

The retreat was a wonderful reminder that connection, creativity, play, and community can help children and families feel supported while navigating the impact of cancer together.

Program Updates

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

Programs at HopeWell are abundant and flourishing, as we continue to bring you, our HopeWell community, the cancer education, support services, and community connection that you desire and deserve! And you can now enjoy many of our offerings on our newly renovated, beautiful, and serene grounds.

The past several months have seen many special offerings and additions to our programming. First, our newly formed Circle of Strength program has been going strong since its initial launch in March 2026, at the Ravens’ training facility, providing support to men affected by cancer, including patients, survivors, and caregivers. Our annual Memorial Service was held on April 26th, providing a space to reflect and honor those in the HopeWell community who have passed. In early June, we held our first Spring Into Wellness, a weekend event aligned with National Cancer Survivor’s Day. Despite the intense heat, the community came together for education, awareness, fun activities, and meaningful connection! Several Mind/Body/Spirit activities were offered during the weekend, including the popular Galactic Sound Bathing exercise. In July, we hosted our annual Youth Retreat, where youth affected by cancer came together for community-building, wellness activities, and supportive engagement.

Speakers and workshops have also been offered, including talks such as “Medicare 101,” “Clinical Trials,” and an “Art and Healing” workshop led by HopeWell’s own Danielle Eichner. Additionally, we continue to develop partnerships with other agencies to expand our reach in the community. Our partnership with MedStar allowed us to provide support groups at several MedStar hospitals and we also held a Caregivers Mini-Conference in conjunction with MedStar. We now also provide monthly support groups at Morgan Cares in Baltimore City. Finally, our Family Circle Programs continue to thrive. In addition to our monthly programs for kids with a loved one with cancer or who have lost a loved one from cancer, we offer monthly family-centered events to provide families affected by cancer the opportunity to connect through fun, engaging, and supportive activities.

Looking ahead to the fall, there will once again be many great speakers, events, and activities for you to attend! In October, come join (or watch!) our Pickleball event - no experience required! On October 12th, Dr. Artea-Vargus will be speaking on “Cancer and the Environment.” Please know that most of our speakers can be viewed via video if you are unable to attend in-person. Our Trunk or Treat event, always a big hit, will occur on October 24th this year. And our annual Winter Solstice will be held on December 20th. Please check your HopeWell emails for all the many other offerings that will occur.

If you have not yet had a chance to come and experience HopeWell in-person, we hope that you will be able to do so sometime soon! The newly renovated farmhouse, barn, and outside grounds are simply spectacular, and we think that you will find the environment to be peaceful and therapeutic. Of course, we are always happy to see you wherever you are. . . on campus, on Zoom, or at off-campus spaces, and appreciate that you choose to be part of the HopeWell community as you navigate your or your loved one’s cancer journey.

Wishing you and your loved ones hope, healing, and happiness. . . Fondly,

Donna Yaffe
Donna Yaffe, Ph.D.



A LETTER FROM THE EXECUTIVE DIRECTOR VERONICA LAND-DAVIS



Rooted in Community, Growing Through Partnerships

As you turn the pages of HopeWell’s fall newsletter, we invite you to look for a theme woven throughout every story: community. At HopeWell, community is more than a place—it is a network of relationships, care, and connection built around people affected by cancer and those who walk alongside them. Each person’s connection to HopeWell is unique and deeply personal. Whether you are a current or former participant, funder, donor, volunteer, community partner, or staff member, you are part of a shared mission to create spaces where people feel supported and never alone.

Our sense of community is growing through new partnerships with schools and universities, such as River Hill High School’s Cancer Kids First Club, in Clarksville, Maryland, Morgan State University, Towson University, Stevenson University, and the University of Maryland, Baltimore County. These connections give future leaders a chance to learn why it is important to support the emotional needs of people and families affected by cancer, and how compassion, education, and service can build stronger communities. For example, the students at River Hill High School helped sponsor a fundraiser for our children and teens program, which provided needed art supplies.

As you read this issue, we hope you see that the HopeWell community goes beyond the Amish barn and farmhouse. It reaches into classrooms, campuses, neighborhoods, partnerships, and the hearts of people who believe in connection, healing, resilience, and hope. We are building community with many different stakeholders, partners, and neighbors. None of this would be possible without the generosity, commitment, and support of our HopeWell community. With MedStar Health and Caring On, we recently offered a day of care, education, and connection for our caregivers.

We invite you to stay connected and help us keep building this community. You can volunteer, make a gift, introduce HopeWell to a school or organization, attend a program, or share our mission with someone who may need support. Your involvement helps HopeWell reach more people. Together, we can make sure no one affected by cancer has to face this journey alone.

Warmly,
Veronica Land-Davis
Veronica



Taking Care of Caregivers at HopeWell

HopeWell co-hosted a Caregiver Mini-Conference, in partnership with MedStar Health and Caring On, on Friday, June 26. This first-time event was made possible by a sponsorship to MedStar from Pfizer Oncology.

Caregivers play an especially important role in the lives of people living with a cancer diagnosis or other life-threatening illnesses, and they need to be reminded at times about self-care. This Mini-Conference gave the 30+ participants an opportunity to engage in activities that provided a day of respite from their caregiver roles.

This special event included a paper chain activity, physical and occupational therapy activity, comic relief from comedienne Joey Friedman,

and an afternoon of engagement activities where participants were able to choose three out of five activities on a rotation basis. The five activities included: Nutrition (learning more about healthy caregiver nutrition); Mindfulness Moments (featuring a live string ensemble from the Peabody Conservatory); Caregiver Reset (chair massage offered by MedStar Health’s physical therapy team); The Power of Play (including playing Jenga and blowing bubbles); and Art in Action (a meaningful art activity to focus on positivity and strength).

Participants were treated to continental breakfast, snacks, and a delicious lunch buffet. We hope to make this an annual event and will be seeking funding to offer the Mini-Conference again. Stay tuned for more information.

Meet Sherri Bauman, RN, MS

Sherri Bauman brings over 25 years of dedicated healthcare experience to our support groups and is now facilitating the breast cancer group. After a rewarding career as an oncology nurse navigator, Sherri discovered a profound passion for the emotional and community-based side of healing. Now retired from hospital-centered care, she is looking to continue providing a safe space for individuals navigating a cancer diagnosis.



HopeWell Board Updates



We are fortunate to have a dedicated Board of Directors to oversee HopeWell Cancer Support and all that we do.

Although not new to the Board, **Lori Reitenauer**

has been appointed Board Chair and will serve a two-year term in this leadership role. Lori is a Senior Vice President with PNC Private Bank and has dedicated 33 years to the organization. As HopeWell advances through the second year of its three-year Strategic Plan, Lori brings valuable continuity, having served on the Strategic Planning Committee since its formation in 2025.

We are excited for the next two years of growth under Lori's leadership and vision.



Dorothy Fuchs-Yeager is new to the Board, but not new to HopeWell. Dorothy and her sisters held a Tea Party Fundraiser in their mother's memory for 21 years, raising well over \$30,000 for HopeWell. Dorothy is the

Principal of Purple Dot Public Relations, and has been instrumental in getting HopeWell featured on TV and radio stations in Baltimore, helping us to increase our visibility in the greater Baltimore area. Dorothy served as the HopeWell 30th Anniversary Committee Chair and has served on the Development Committee for the past two years.

We welcome Dorothy and her creativity and enthusiasm.



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

Non-Profit
U.S. Postage
Paid
Permit # 1608
Baltimore, MD

Concert for Hope 2026 was a Hit!

Oh, what a night!! On Thursday, April 16, 2026, HopeWell hosted its signature fundraising event, Concert for Hope: Music and Hope to Benefit People with Cancer.

B.C. Brewery was packed with approximately 250 people for a great night of music, food, dancing, and fellowship. The event also included a silent auction and 50/50 cash raffle, helping advance our \$100,000 fundraising goal. We are thankful to our event sponsors for their significant support of the Concert.

Honorary Chairs, Lynne Brick and C. Victor Brick, made heartwarming remarks and paid a special tribute to their daughter Vicki Brick-Zupancic, who passed away from a 3 ½ year struggle with ovarian cancer, on April 8, 2025.

Motown & More: The Legacy Lives energized the crowd with two lively sets of Motown classics, keeping the room rocking throughout the night. The Concert was so popular, that we have decided to repeat it in 2027.

We will once again be at B.C. Brewery with Motown & More on Thursday,



May 6, from 6:00-9:00 p.m. Tickets will go on sale in January. If you missed the 2026 Concert, you won't want to miss the next one. Stay tuned for more details.