



Living with Cancer Resources & Support

October 2023

Published by The Harry J. Duffey Family Patient & Family Services Program
Sidney Kimmel Comprehensive Cancer Center, The Johns Hopkins Hospital
If you have a printed copy of this newsletter and would like an electronic copy with web links to the resources, please call 410-502-1500 or 410-955-8934.

October Cancer Awareness

[Liver cancer](#) starts in the liver, our largest internal organ. The most common type is hepatocellular carcinoma, as well as bile duct (intrahepatic cholangiocarcinoma) cancer.



[Breast cancer](#) is the one of the most common cancers among American women. [Johns Hopkins Breast Health Services](#) offers support groups led by patient navigators, specifically for [early stage](#) young women, those with [metastatic](#) cancer and [early stage over 50](#).

[We are here to help!](#)

Short term counseling, advanced directive consultation, spiritual support & other resources.

Call 410-955-8934

**The Harry J. Duffey
Patient & Family Services Program**

Licensed clinical social workers, chaplains, housing resources, support and guidance during your treatment.

To submit announcements for *Living with Cancer* or if you have questions. please [email](#) the LWC Newsletter editors.

Living with Cancer: Self-Care in Survivorship Wednesday, Oct 25 – 12 noon-1:30 pm

[Click](#) to register for this free webinar - featuring 3 speakers on 3 topics: *Mindfulness Techniques, Integrative Medicine, and Exercise Strategies.*

[Getting Ready for Open Enrollment](#)

Thursday, October 19, 2023 - 1:00pm-2:30pm (EST)
[Monica Bryant, Esq.](#), Staff Attorney for [Triage Cancer](#)

Open Enrollment is a window of time that happens once/year, when you can sign up for health insurance, adjust your current plan or cancel your plan. If you miss this window, you may have to wait until the *next* open enrollment period to make changes.

[Register now](#) for this free webinar, and you will gain tips for picking a 2024 health insurance plan during **Open Enrollment (November 1, 2023-January 15, 2024).**

[Living Well with Blood Cancer](#)

Sat, Nov 11 – 9:30 am-1:00 pm – Columbia MD

This free in-person program, co-sponsored by [Leukemia & Lymphoma Society](#), [Hope Connections](#), and [Claudia Mayer /Tina Broccolino Cancer Resource](#) Center at Johns Hopkins Howard County Medical Center, will focus on resiliency in the face of adversity and is accepting [registrations](#). For more info, [email](#) Heather Burneson or call 914-364-3416.

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Survivorship Series: Stronger and Healthier Together

Wednesdays, Oct 4-Nov 8, 2023
5:00-6:30 pm – virtual



This 6-week series covering nutrition, lymphedema education, safe exercise, emotional health, sexual health, and side effect management is for survivors who have completed treatment in the last two years. Call 202-243-2320 or email Pam Goetz for info.



Johns Hopkins
Kimmel Cancer
Center / [National
Capital Region](#)

offers free, diagnosis-specific support groups, yoga, meditation and more – these are **free and open to all**. Plus, many are **virtual** (by Zoom). Email CancerSupportNCR@jhmi.edu for info.

A speech-language pathologist leads a monthly [SPOHNC](#) (oral and head and neck cancer) support group via Zoom. [Click](#) for more info.

Support Options - at no charge!

[Wellness House](#) of Annapolis – 410-990-0941
admin@annapoliswellnesshouse.org

[Hope Connections](#) – 301-634-7500
info@hopeconnectionsforcancer.org

[HopeWell Cancer Support](#) – 410-832-2719
info@hopewellcancersupport.org

“Pancreatic Cancer Update” – Mon, Oct 23, 6-7:00 PM
Speaker: Debashish Bose, MD, PhD, FACS
To register: info@hopewellcancersupport.org

[Smith Center](#) for Healing and the Arts – 202-483-8600
info@smithcenter.org – check out their [calendar](#).

[Cancer Support Community Washington, D.C.](#) – [Contact](#)
online or call Rachel at 202-659-9709, ext 4698

[Claudia Mayer /Tina Broccolino Cancer Resource](#)
Center - [Email](#) Chris, or call 410-740-5858

[Ulman Foundation](#) – 410-964-0202 - [Email](#) - resources
online & in person for young adults and adolescents

[Wiersberg Warriors](#) Foundation provides resources and
support for young adults with cancer on the
Delmarva’s Eastern Shore including rides, meals
and/or care packages. [Email](#) for more info.

Thriving and Surviving Lung Cancer

A free educational event for patients with lung cancer, their families and people at risk for developing lung cancer.

Thursday, November 2, 5:30-8:30 pm

Johns Hopkins Asthma & Allergy Center,
5501 Hopkins Bayview Circle



Dinner will be served - RSVP via **QR** by
October 16 - or [email](#) for more info.

[Cancer Hope Network](#) – free peer to peer support
[CancerCare](#) – for helpful resources, info, online groups
[National Comprehensive Cancer Network](#) – patient and
caregiver resources by topic, in various languages
[PanCAN](#) – Pancreatic Cancer Action Network – free info
and one-on-one support to patients & caregivers
[National Brain Tumor Society](#) – [info](#) and [support](#)
[Triage Cancer](#) *tiene varios recursos disponibles en*
Español as well as in [English](#) – videos, webinars, guides
– on many different topics affecting you and your life
[American Cancer Society](#) – Call for support through
“online chat” or by phone 1-800-227-2345, as well as
resources and materials to download.

[Leukemia & Lymphoma Society](#) offers [peer support](#) as
well as other resources, including a one-time [\\$100](#)
[stipend](#) to cover non-medical expenses and [Survivorship](#)
[Workbooks](#) to download (or order) for free.
[Greenberg Bladder Institute](#) at Johns Hopkins offers
[recordings](#) of past “virtual grand rounds” as well as
educational monthly sessions for [women only](#). For
more info email [Samantha Rockler](mailto:Samantha.Rockler).



[Image Recovery Centers](#) - [Email](#) or call
410-502-5623 if your appearance has been
affected by treatment.

Metastatic Prostate Cancer Survivors and their Partners/Spouses Retreat

Friday, Nov 3 - Sunday, Nov 5, 2023 – free
[Bon Secours Retreat Center](#), Marriottsville MD

Confronting and living with Stage IV metastatic
prostate cancer as a couple can be a challenging
undertaking, even for the strongest of
relationships. It requires endurance, hope, support
and sharing. You can [email](#) for more info and/or
to register.