



Living with Cancer Resources & Support

November 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.

November Cancer Awareness

Click on the links to learn about each cancer.

- [Pancreatic cancer](#)
- [Stomach cancer](#)
- [Lung cancer](#)
- [Carcinoid tumor](#)



MD Veterans Healthcare Administration's Caregiver Support Program – free webinar
Thursday, November 9, 2023 - 12:00pm-1:00pm
Speaker: Hilary Wiseman, MPH, LCSW-C

Don't forget to celebrate **Veteran's Day** and **National Caregiver's Month!** [Click](#) to register for this free and informative presentation.

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.

Open Enrollment for 2024 call 410-955-8934 if you need help!

- **October 15 - December 7, 2023**
[Pick your 2024 plan!](#)
Medicare Advantage Plans, Medicare Part D, Medicare Help (QMB/LSMB), Medicare Prescription Savings plans (SDAP)
- **November 1, 2023 - January 15, 2024**
[Maryland Health Connection](#)
Private health plans and Maryland Medical Assistance for 2024. [Click](#) to browse plans and get an estimate of cost. Nine out of 10 people who enroll are eligible for [financial help](#) to pay for the plan.

All plans available through the [Maryland Health Connection](#) cover important health benefits, including doctor visits, prescriptions, mental health services, and more. Those who qualify for Medicaid may enroll any time of year. [MD Dept of Aging](#) can also help you find a counselor; [click](#) or call 1-800-243-3425.

[Cancer Caregivers: Rights & Resources](#)



Thursday, November 15, 2023
11:30am-1:00pm (EST) – FREE
Speaker: [Nicole Jolicoeur, Esq.](#)

[Register](#) to learn about the rights of caregivers at work, how to replace lost wages while acting as a caregiver, and gain tips for support as well as community resources. ([Click](#) to view previous webinars on many topics.)

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**Johns Hopkins
Kimmel Cancer
Center / National
Capital Region
offers free, diagnosis-**

specific support groups for women and men, yoga, meditation, art therapy and more – these are free and open to all. Plus, many are virtual (by Zoom).

Email CancerSupportNCR@jhmi.edu for info.

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.

Support Options for you - 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

Sign up to receive HopeWell Happenings newsletter!

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.

SPOHNC monthly ZOOM support group led by a

speech-language therapist, for people with oral

and head and neck cancer. Click for more info.

If you would like to receive the LWC newsletter in your email inbox each month, scan this QR code or call 410-502-1500 to sign up!



Therapy Dog Study

If you receive cancer treatment in the Johns Hopkins Skip Viragh Building in Baltimore, and would like to be part of a study about the effect of therapy dog interactions on anxiety, call 410-502-0830, or [email Jack Parker](mailto:jack.parker@jhmi.edu) for info.



CancerCare – helpful resources, info, and 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@jhmi.edu).

Image Recovery Centers - Email or

call 410-502-5623 if your appearance has been affected by treatment. Insurance is accepted for eligible services.



Coloring for Kids - A free mobile app from

Leukemia & Lymphoma Society lets children express their creativity and offers activities to help them learn about blood cancer and its treatment. Coloring books for children with cancer or undergoing stem cell transplant can also be downloaded for free.



Managing Stress: How stress affects you and ways to cope - This free booklet and others from

LLS can be downloaded or ordered from the Leukemia & Lymphoma Society.