



# Living with Cancer Resources & Support

## August 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.*

### August Cancer Awareness

[Lung Cancer](#) starts in the lungs when cells begin to grow out of control, sometimes spreading to other parts of the body.

About 80%-85% are [non-small cell](#) lung cancer, and there are [other types](#) of lung cancer as well, with various treatments available. Social support is available through local organizations (next page) as well as through [American Lung Association](#) or [Lung Cancer Alliance](#).



### You are a Survivor ...

*... from the day of your diagnosis!*

#### **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.

### Focus on Peer-to-Peer Support

Peer support, in person or by telephone/Zoom, lets you exchange information *and* find a listening ear and encouragement. This month we tell you more about an organization which began over 40 years ago to combat the fear and isolation faced by cancer patients & care partners: [Cancer Hope Network](#).

Simply click on the link to request a [match](#) from one of over 400 volunteers. The professional [staff](#) will do their best to respond to your needs and preferences, at no charge, and will follow each match from beginning to end, for the duration of each connection. Caregivers are invited to [request a match](#), as well as those who wish to speak to a mentor about [clinical trial](#) participation.

### [Balancing Work & Cancer](#)



**Wednesday, Aug 2, 2023  
6:00pm-7:00pm – FREE!**

This webinar will focus on ways to manage working during, or after, treatment, including managing aspects of disclosure in the workplace as well as side effects from treatment. Nurses, social workers, chaplains and other professionals are invited for continuing education credits. All may [register](#) for free.

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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). [Click here](#) for past offerings, or email [CancerSupportNCR@jhmi.edu](mailto:CancerSupportNCR@jhmi.edu) to find out more!

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

Check out the 2023 [SKCCC Survivorship video](#).

### Looking for Support?

For information from our Cancer Support Colleagues who provide support groups and other programs at **no charge**, many of which are now being offered remotely, in person or a hybrid:



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

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

[HopeWell Cancer Support](#) – 410-832-2719  
[info@hopewellcancersupport.org](mailto:info@hopewellcancersupport.org)  
[Sign up](#) to receive *HopeWell Happenings* newsletter!

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

[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

If you received this newsletter from a friend and would like to sign up to get it sent monthly to your email inbox, call 410-502-1500 - or scan this QR code to sign up!



Navigating College & Cancer  
Thursday, August 24, 2023  
1:00pm-2:30pm (EST) - FREE

This free webinar is for those who are going from high school to college. You will learn about how to get help through accommodations, and gain tips on working with professors and experiencing a smooth transition to college life, whether you are commuting or living on campus. [Register now](#).

### [Medicine for the Greater Good](#)

endeavors to promote wellness in the community while overcoming socioeconomic barriers to health.



[Dr. Panagis Galiatsatos](#) and his special guests host a [Zoom](#) call most every **Friday at 11 am**, on a variety of topics, including COVID vaccine updates, mental health advancements, cancer screenings, & aging! [Email mgg@jhmi.edu](mailto:mgg@jhmi.edu) to confirm the Zoom link as well as for recordings of past conversations.

[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  
[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](#).



[Image Recovery Centers](#) will help anyone whose appearance and self-esteem are affected while undergoing treatment; also fittings for wigs and post-mastectomy products, accepting most insurance plans for eligible products. [Email](#) - or call 410-502-5623 - for more info.