



Living with Cancer Resources & Support

December 2022

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

Give yourself a gift ... JH Cancer Rehabilitation



If you are having difficulty sleeping, moving, concentrating, swallowing, or with other cancer-related symptoms, a great team of Johns Hopkins rehab doctors and therapists are available to you. [Click](#) to read more – call 443-997-5476 for more information about services and insurance coverage in the Washington DC metro area and Baltimore.

Medicare Open Enrollment for 2023

Only until December 7, 2022!

Medicare Advantage Plans, Medicare Part D, Medicare Help (QMB/SLMB) & Medicare Rx Savings plans (SDAP).

Maryland Health Connection Open Enrollment

Only until January 15, 2023

Private Health Plans & Maryland Medical Assistance

*If you need info or assistance to begin or change your health insurance or Medicare plan, call a social worker at **410-955-8934**. We are here to help you!*



A [great resource](#) for practical & legal issues that arise after diagnosis for patients & [caregivers](#)!

Triage Cancer free webinar:

[Food & Fitness for the Cancer Survivor](#)

Tuesday, December 6, 1:00-2:00pm EST



Click on title of webinar to register to receive the web link. Check out the website [for materials and quick-guides](#), all vetted by a team of attorneys.


Cancer and Nutrition

Wed, Dec 14, 6:00-7:00 pm

Nicole Mazur, RD, LDN, CNSC



You will receive the latest info about cancer and nutrition, as well as ways to manage side effects of treatment through diet. [Email](#) HopeWell Cancer Support, or call 410-832-2719 for more information.

 **Living with Cancer
Surviving & Thriving:
Mind, Body & Spirit**

[Click](#) to view webinar.

Hear from [Dr. Jessica Engle](#), [Wayman Scott](#), Laura Hoofring, and members of the Duffey Family [Patient and Family Services team](#) in this 1½ hour webinar for survivors and their caregivers! You will learn about coping in the midst of uncertainty, sleeping better, and finding hope and resilience in your spirit.


[Twitter.com/hopkinskimmel](https://twitter.com/hopkinskimmel)
[Instagram.com/hopkinskimmel](https://www.instagram.com/hopkinskimmel)
[Fb.com/hopkinskimmel](https://www.facebook.com/hopkinskimmel)
[YouTube.com/hopkinskimmel](https://www.youtube.com/hopkinskimmel)

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“Does anyone know what I am struggling with?”

The many different virtual groups sponsored by [HopeWell Cancer Support](#) and [Hope Connections](#), are led by licensed clinical social workers. A speech-language pathologist leads a [monthly group](#) for people with oral head and neck cancer. The Johns Hopkins Breast Cancer Program sponsors support groups led by patient navigators: [Early stage](#) young women, those with [metastatic](#) cancer & [early stage over 50](#). Click the links for info.

 **CALL 988** [Suicide & Crisis Lifeline](#)
24/7 support
We're here to help

This free and confidential support to people in suicidal crisis or behavioral-health related distress: Just dial **988** – yes, just three numbers – and you can press 1 for veteran assistance or 2 for Spanish. Otherwise, just hold the line for a live person.

Looking for Support?

For information from our Cancer Support Colleagues who provide programs 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 – see programs for [December](#)

[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

May peace, love and hope be your gifts during the holiday season.

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 by clicking this [link](#) - or call 410-955-8934.



American Cancer Society (ACS) offers support in the community as well as online to help you during & after cancer treatment.

Visit [cancer.org](https://www.cancer.org) or call 1-800-227-2345 for more info.

The ACS [Hope Lodge](#) provides a free “home away from home” for cancer patients and their caregivers. Transportation assistance for JHH outpatients is also currently available. Both can be accessed by calling the SKCCC Harry J. Duffey Patient and Family Services Program staff at 410-955-8934 or 410-955-614-6527.

Some Online Resources

[CancerCare](#) – for helpful resources, info, online groups
[Leukemia & Lymphoma Society](#) – news, updates, live chat, community support, financial support options
[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](#) – for support through “online chat” or by phone 1-800-227-2345 as well as resources and materials you can download.

Johns Hopkins has a team of professional chaplains – including Interfaith, Christian, Catholic, Episcopal, and Jewish – reach out if you need support: 410-502-1500.