



Living with Cancer Resources & Support

January 2024

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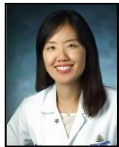
If you have a printed copy of this newsletter and would like an electronic copy with web links to the resources, please call 410-502-1500 or 410-955-8934.

January Cancer Awareness

[Cervical cancer](#) is generally viewed as treatable and curable, particularly if it is diagnosed in an early stage. It begins in [cells lining the cervix](#), the lower part of the womb.



Medical Weight Loss Management: All the Facts! Thursday, January 11, 5:00-6:00 pm



[Kacey Chae, MD, Johns Hopkins Healthful Eating, Activity & Weight Program](#)

All are welcome: survivors and their care partners, family members and friends.

[Email](#) today to register for this timely, virtual event!



[Managing Long-Term Stress](#)

January 24, 1:00 pm

Julie Larson, LCSW, speaker

[Click](#) to register for this free webinar and you will receive the Zoom link. Also check out the [free webinars and information](#) on the [website](#).

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



Need insurance for 2024 ...

- **Now until January 15, 2024**

[Maryland Health Connection](#)

Private health plans and Maryland Medical Assistance. [Click](#) to browse plans and get an estimate of cost. 9 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 help you find a counselor; [click](#) or call 1-800-243-3425.

Lung Cancer Support Group

January 11, 2024, 5:30-7:00 pm

Topic: "Thoracic Surgery"



You are not alone – join other lung cancer survivors in person or by [Zoom](#). Tony Forte, LMSW, can give you more information via [email](#) or at 410-550-6565.

Highlights in Therapy: Chronic Myeloid

Leukemia (CML) - Gabriela Hobbs, MD

The [video replay](#) of this presentation is sponsored by [Leukemia and Lymphoma Society](#). Learn about CML treatment and monitoring as well as new therapies which are on the horizon. Quality of life issues will also be addressed.

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



[Capital Region](#) offers free, diagnosis-specific support groups for [women](#) and men,

meditation, yoga and more – these are **free** and **open to all**. Plus, many are virtual (by Zoom).

Email CancerSupportNCR@jhmi.edu for info.

Support Options - at no charge!

[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](#).

[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](#),

including support for Spanish-speaking [persons](#) (info at 202-223-9100),

[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. [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.

JHH Lung Cancer Support Group – monthly, on the

2nd Thursday, 5:30-7:00 pm, in person or by

[Zoom](#). [Email](#) or call 410-550-6565 for info.

[Image Recovery Centers](#) - [Email](#) or call

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



Celebrate Caregivers who give the gift of themselves every day! For our New Year's resolution, let's [encourage them](#) to [take care of themselves](#).

Some helpful resources include:

- [Caring4MDCaregivers](#) website
- [Practicing Self-Care through Self-Compassion](#)
- Mental Health Tips [video](#)
- Voices of Experience [video](#)

We are here to help!

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.

Check out these resources:

[CancerCare](#) – helpful resources, info and online groups

[Cancer Hope Network](#) offers peer to peer support through a [free match](#) with a mentor. Care-givers are invited to [request a match](#), as well as those who curious about the experience of being in a [clinical trial](#).

[Greenberg Bladder Institute](#) at Johns Hopkins offers [recordings](#) of past virtual grand rounds, as well as educational sessions for [women only](#). [Email](#) for info.

[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](#), including monthly online [support conversations](#)

[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.