



Living with Cancer Resources & Support

May 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.

May Cancer Awareness

- [Bladder Cancer](#)
- [Brain Cancer](#)
- [Melanoma and Skin Cancer](#)



The Johns Hopkins [Greenberg Bladder Institute](#) offers live [virtual grand rounds](#) as well as [recordings](#) of past sessions. These are the May 2023 offerings:

Tuesday, May 2, 4:00-5:00pm, David McConkey PhD:
Precision Medicine: Liquid Biopsies & Other Progress.

Tuesday, May 9, 4:00-5:00pm, Dr. Noah Hahn:
He will host "Office Hours," an open forum for questions and conversation about bladder cancer.



Scan QR (at left), or click [here](#) to register for the Bladder Cancer Virtual Grand Rounds sessions. Or [Email](#) if you have questions.

We are here to help!

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

Call 410-955-8934

The Harry J. Duffey Patient & Family Services Program

To submit announcements or for questions, you may [email](#) LWC Newsletter editor or call 410-955-8934.



Your Johns Hopkins Kimmel Cancer team can help you complete an **advance directive**, which allows you to decide who

you want to make health care decisions for you, if you are unable to do so yourself. You can also use it to say what kinds of treatments you do or don't want, especially the treatments often used in a medical emergency or near the end of one's life. Call 410-955-8934 for more info or assistance in person or by phone.

You may also download [your state's document](#) and find [tips](#) for talking about your care wishes with your family and/or medical team.

Building Confidence at Work – Free Webinar



Wed, May 3, 1:00pm ET
Sage Bolte, PhD, speaker

Changes in the body are common during and after cancer treatments and may impact body image and self-confidence. For survivors who are working during treatment or returning to work, knowing how to recognize negative body image and manage your feelings about this can help reduce on-the-job anxiety and improve performance. [Click](#) to register for this free webinar or for more information!

You may also sign up to receive Cancer and Careers newsletter and explore the website for many more helpful [resources](#), plus a free [resume review](#) service!

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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 (Zoom).

[Click](#) the link or [email](#) our colleagues at [Sibley](#) and Suburban to find out more!

The [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](#).

The Johns Hopkins speech-language [pathologist](#) leads a monthly group for people with Oral, Head and Neck cancer. *Click the links for more info.*

Looking for Support?

For information from our Cancer Support Colleagues who provide support groups and other 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 – check [May](#) programs.

[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

Do you work at Johns Hopkins? Reach out to [LWC](#) for programs as well as cancer guidance and support, if you are in treatment or caring for a loved one.



Survive & Thrive Symposium

Sat, May 13, 8:30am – 1:00pm
BWI Airport Marriott Hotel, Linthicum
[Lisa A. Newman, MD](#), keynote speaker



Breast cancer survivors and their caregivers are invited to hear internationally renowned breast surgeon and researcher at New York-Presbyterian/Weill Cornell Medical Center, and an expert panel speak about new approaches to treatment for breast cancer and living well with or beyond diagnosis. [Email](#) The Johns Hopkins [Breast Cancer Program](#) to register (**free**, including lunch).



[Caregiver Support](#)

Are you “in the red”?

[Click here](#) to discover your

own caregiver intensity score and explore the [links](#) to caregiver resources in your state as well as support for military veterans/family, including [Wounded Warriors](#), [American Red Cross](#), [Elizabeth Dole Foundation](#) and [VA](#).



[Triage Cancer Online Conference](#)

Saturday, May 20, 2023
10:00am-6:30pm (EST)

Get useful tips to navigate practical issues around work and cancer as well as learn some ways to reduce stress. The speakers will answer questions you didn't know to ask ... about insurance, work, managing medical bills, finances and paperwork, and so much more.

[Register](#) now for this **FREE** event!

[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](#) – for support through “online chat” or by phone 1-800-227-2345, as well as resources and materials to download