



# Living with Cancer Resources & Support

## February 2022 – A New Year & New Hope

[The Harry J. Duffey Family Patient and Family Services Program](#)

410-955-8934

### Maryland Health Connection Open Enrollment

**Enroll by February 28, 2022**



For enrollment help for private health plans through [Maryland Health Connection](#), you can call 1-855-642-8572. This represents a “second chance” due to the ongoing public health emergency. By the way, Medical Assistance applications are open all year round. Check out this helpful [video](#). Click for [Spanish video](#).

**We are here to help!**

Short term counseling, advanced directive consultation, spiritual support, & resources.

**Call 410-955-8934**

The Harry J. Duffey

Patient & Family Services Program

Licensed clinical social workers, chaplains, and housing resources during your treatment, as well as support and guidance.

### Understanding & Treating Peripheral Neuropathy – February 2 – 6:30-7:30 pm

[Dr. Thomas Smith](#) of Johns Hopkins, speaker



Chemo induced neuropathy is the bane of many oncology treatments: Pain, numbness, tingling - or all 3 - which can persist forever! Dr. Tom Smith, a palliative care doctor, will review current strategies to treat and prevent this. [Email](#) Hope Connections or call 240-292-6757 for info.

### Helpful 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

[Ulman Fund for Young Adults](#) – [guidebook](#), social media, resources (including [scholarships](#)), [Q&A](#)

[Triage Cancer](#) *tiene varios recursos disponibles en espanol* as well as in [English](#) – videos, webinars, guides – on many different topics affecting you and your life.

[SPOHNC](#) – support for people with oral and head and neck cancer – with a local monthly Zoom support group which meets on February 9 at 6:30 pm. Call Kim Webster for more information – 410-955-1176.

[Nancy's List](#) has a helpful list of [integrative modalities](#) with brief definitions, some which may be new to you! You can also find a sampling of [financial resources](#).

Our Cancer Support colleagues also offer free **virtual support groups** for [men](#), women, young people, [caregivers](#), [newly diagnosed](#), [advanced cancer](#), readers, [knitters](#), [head and neck](#) cancer, and by [disease group](#)!

## Living with Cancer Resources & Support February 2022

### MONEY MATTERS ....



Financial Advocates are ready to speak to you at the non-profit [CCCSMD](#), offering counsel on debt repayment solutions and access to free web-based workshops on many topics, including:

[Budgeting](#) (Feb 2, 1:00 pm)

[Managing Finances in Uncertain Times](#) (Feb 3, 1 pm)

[Fair Housing](#) (Feb 10, 1 pm),

[Foreclosure Prevention](#) (Feb 8, 1 pm)

[Scams & Identity Theft](#) (Feb 16, 1 pm)

For more offerings, see CCCSMD [website](#), or call 1-800-642-2227 to speak to a Financial Advocate.

### Spiritual Support for You!

Johns Hopkins Outpatient Chaplain Moira Bucciarelli will meet with you during clinic or infusion at JHH Weinberg, Viragh, Green Spring or Bayview! Ask your nurse or provider to page her or call her at 443-287-2900.



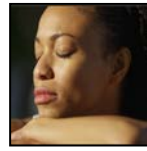
[Epic Experience Beyond Cancer](#) offers **free** online low impact [exercise classes](#) for you – Tuesday and Thursday 3:00-3:30pm (ET).



Low impact is designed for those who want to improve their fitness level without feeling overwhelmed. A chair (and a wall) are useful for supported exercises. You can do it! Register [here](#).



If you are **not** signed up to receive this LWC monthly newsletter, use the QR Reader on your Smart Phone or Tablet to scan and [register](#). Call 410-955-8934 for assistance.



### The Unspoken Losses of Cancer: *A Conversation about Living*

Amanda Jaska, LCPC & Dawn Tippet, LCSW-C  
Thursday, February 3, 2:00-3:00 pm

Grief may be experienced whenever something valued is lost, whether tangible or intangible. Join Amanda and Dawn, for informal discussion on the “hidden” losses of a cancer diagnosis. Contact [HopeWell Cancer Support](#) to register.

### Finding Strength, Spirit and Gratitude to Promote Feelings of Wellness



Feb 23, 6:30-7:30 pm – Led by Jacki Kwan, MSW

This interactive presentation will focus on inner strength and spirit to promote gratitude, healing and connection. [Email](#) Hope Connections or call 240-292-6757 for more info!

For information from our Cancer Support Colleagues who provide programs at **no charge**:

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

Also offers free, short-term counseling to members

[Hope Connections](#) – 240-292-6757  
[info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org)

[HopeWell Cancer Support](#) – 410-832-2719  
[info@hopewellcancersupport.org](mailto:info@hopewellcancersupport.org)

[Smith Center](#) for Healing and the Arts – 202-483-8600  
[info@smithcenter.org](mailto:info@smithcenter.org) – see programs for [February](#)

[Claudia Mayer/Tina Broccolino Cancer Resource](#) Center  
– [Email](#) Chris or call 410-740-5858.

### Monthly Support Groups for Survivors & Thrivers:

The Johns Hopkins  
Breast Cancer Program

- ❖ Early Stage Young Breast Cancer
- ❖ Metastatic Breast Cancer Group
- ❖ Early Stage Over 50

Three different Zoom groups to meet your need as a breast cancer survivor! Each meets monthly.

Email [Jill Mull](#) or [Elizabeth Saylor](#) for more info, and/or [Monday Minute](#) for weekly news and programming.