



# Living with Cancer Resources & Support

## March 2023

Published by The Harry J. Duffey Family Patient & 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.)*

### March Cancer Awareness

- [Colorectal cancer](#)
- [Multiple Myeloma](#)
- [Kidney cancer](#)



Myeloma is a type of blood cancer that begins in the bone marrow. It is a cancer of plasma cells. More than 138,000 people are living with or in remission from myeloma in the U.S. Contact the

[Leukemia & Lymphoma Society](#) for patient and caregiver support, including financial, emotional, and educational materials, or call 800-955-4572 Mon-Fri, 9am-9pm.

**P.S.** Did you know that myeloma is the blood cancer with the greatest racial disparity in incidence and prevalence? Black Americans are at twice the risk as white Americans, so LLS has created [Myeloma Link](#) to increase access to education and treatment for myeloma in African American communities.

#### **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.

### [Career Change Webinar](#)

Wed, March 1, 6-7pm

Julie Jansen, speaker



This **free** webinar is especially for those who are thinking of changing to a completely new career. Learn about the process that will bring you the most success, including self-assessment, identifying obstacles and opportunities, and creating an action plan. [Click](#) for more info & sign-up.

*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!*

### ***How can I live with this diagnosis? Who will understand?***



Many support groups are now virtual (Zoom) and open to you and care-givers at no cost. For instance, [Hope Connections](#) and [HopeWell Cancer Support](#) groups are led by licensed clinical social workers. The same is true for [Smith Center for Healing and the Arts](#) and [Wellness House of Annapolis](#). 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](#). Also, a Johns Hopkins speech-language [pathologist](#) leads a monthly group for people with Oral, Head and Neck cancer. *Click links for more info.*

## Living with Cancer Resources & Support March 2023

### Cancer in the Workplace

Thur, March 9, 12:30-1:30pm

Rose Wolfe, speaker

Sponsored by [HopeWell Cancer Support](#), this virtual webinar discussion, led by an experienced oncology nurse navigator, will address challenges involved in maintaining or starting employment after a cancer diagnosis. Call 410-832-2719 or [email](#) for more information and to register.

### 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](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 [March](#) 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



### [Suicide & Crisis Lifeline](#)

24/7 free, confidential support from a real person

### Are you a **caregiver** of someone with leukemia, myeloma or lymphoma?

You may order a free copy of The Caregiver Workbook and tote, by calling [The Leukemia & Lymphoma Society](#) at 800-955-4572 (Mon-Fri, 9a-9p). Also, you may click on the above [LLS](#) link for more great information.

PS: This caregiver resource is also available in Spanish!



### MEMORIES Live

... uses the power of one's life stories to

create free legacy movies, specifically for individuals with life-limiting illnesses to document their stories, family history, images, and advice to be cherished by loved ones. It is easy, free and can be done from your own home in less than 60 minutes. For more info, check the [website](#) or call 646-245-1698 to learn more.

### Bereavement support resources

Have you lost a loved one to cancer? Some Zoom options are: A [monthly program](#) through **Smith Center** (Mar 1, 6:00-7:00 pm), a [bi-monthly group](#) (1<sup>st</sup> and 3<sup>rd</sup> Monday, 10 am-11:30 am) with **Wellness House**, and [weekly group](#) (Tuesdays, 6:30-7:30 pm) with **Hope Connections**.



### Some Trusted 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.

### [Camp Kesem](#)

... provides summer camp experiences at no cost for **children (ages 6-18)** who have a parent with cancer. [Click](#) to review frequently asked questions, and if you are interested in more info, [click](#) and scroll down to the form. You can also fill out the [camper interest list](#) for summer 2023 camps in PA, VA or MD.