



Living with Cancer Resources & Support

December 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.

December Cancer Awareness

[HIV/AIDS-Related Cancer](#) – People with HIV/AIDS have an increased risk of developing certain cancers, including Kaposi sarcoma and non-Hodgkin’s lymphoma. This is likely linked to their weakened immune systems. The first [World AIDS Day](#) was in 1988, created to raise awareness and remember all those who have suffered with this disease.



Celebrate Caregivers – who give the gift of themselves every day! This month let’s [encourage them](#) to [take care of themselves](#). Some 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.

Open Enrollment for 2024 ...

... call 410-955-8934 if you need help!

- **Now until December 7, 2023**

[Pick your 2024 plan!](#)

Medicare Advantage Plans, Medicare Part D, Medicare Help (QMB/LSMB), Medicare Prescription Savings plans (SDAP)

- **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. [MD Dept of Aging](#) can also help you find a counselor; [click](#) or call 1-800-243-3425.

[Camp Kesem](#) at Johns Hopkins University

kesem ...provides free programming and support for children and families affected by cancer - year-round. Check the [interest list](#) for summer camp info on the [website](#). You can also [email](#) (or call 260-255-4863) for info.

[Uterine Cancer Webinar](#) – free!

Thursday, Dec 7, 2:30-3:45 pm

Presenters: Emma Barber MD; Karen Novak RN, MSN, Emily Wyse, NCCN Patient Advocate

Learn about recommended treatment options as well as side effects of treatment - also learn how to find supportive care and patient & caregiver resources. There will be time for questions. [Register now](#).

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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.**

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](#).

Living with Cancer: Self-Care in Survivorship

This JHH webinar featured 3 topics: Mindfulness Techniques, Integrative Medicine, and Exercise Strategies. Now you are able to view with a [click!](#)

Support Options - 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 out their [calendar](#).

[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. [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.

Therapy Dog Study in Viragh (JHH Baltimore) – [email](#) or
call Jack Parker at 410-502-0830 for more info.



Many past webinars from
[Triage Cancer](#) are posted
on this [website](#), including

topics on advocacy, cancer-related legal issues,
employment, disability, estate planning, finances,
health insurance, treatment side effects, stress and
coping, caregivers, clinical trials, oral care, exercise and
nutrition – all are free to [view](#) at your convenience.

[Marketing Yourself: Job Search and Beyond](#)

Wednesday, Dec 6 – 1:00 pm
Ariane Hunter, MBA, speaker



Knowing how to sell yourself is a key skill when
applying for jobs, writing a cover letter and in an
interview. This free Zoom webinar will be
presented live. Social workers, nurses and HR
professionals can receive 1 CE. [Register now](#).

Check these resources out:

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

[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.

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



[Image Recovery Centers](#) - [Email](#) or
call 410-502-5623 if your appearance has
been affected by treatment. Insurance is
accepted for eligible services.