



Living with Cancer Resources & Support

December 2025

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 direct web links to the resources, please call 410-955-8934.



Welcome to Medicare!
The [official website](https://www.medicare.gov)
[Medicare.gov](https://www.medicare.gov)
has great information
for you!
Check it out today.

**Open Enrollment ends December 7
for Coverage beginning January 1, 2026**

Now until December 7 you can make these changes:

- If you have (or are signing up for) Medicare Parts A or B, you can join or drop a Medicare Part D Rx plan – or switch Rx plans if you have one already.
- If you have [original Medicare](https://www.medicare.gov) (Parts A and B), you can switch to a Medicare Advantage plan, or vice versa, or change to a new Advantage plan.

You can enroll in health insurance by **December 15** for January 1 coverage, through the Health Insurance Marketplace. Check [HealthCare.gov](https://www.healthcare.gov) today!

[SHIP can help -- at no cost to you ...](#)

SHIP counselors are not selling anything and will provide confidential, unbiased one-on-one assistance with your Medicare coverage – wherever you live. They can review your health and/or Rx drug options and help you learn about assistance programs for your out-of-pocket Medicare costs. They can explain the basics, including eligibility, coverage and payments. Visit the [SHIP website](#) to find assistance near you, or call the SHIP Assistance Center at 877-839-2675.

**Two Free *Virtual* Webinars from
[Hope Connections for Cancer Support](#)**

To register for either of these free programs and to receive the Zoom link, please [email](#) Stephanie Stern.



**Finding Humor in Grief's Shadow
Wed, December 3 – 6:30-7:30 pm**

We'll explore how humor provides meaningful relief during the grieving journey. While art-making we will honor our experiences while learning how creative expression and levity can coexist with deep loss. Patients, survivors, caregivers and bereaved are all welcome.

**Finding Your Joy & Power
Monday, December 8 – 6:30-7:30 pm
[Cathy Fink & Marcy Marxer](#), Survivors,
Musicians, GRAMMY Award Winners**



Finding your **joy** when living through a cancer diagnosis will help you exercise your power to speak up when needed, to advocate for yourself, and to keep track of what needs to be said to your medical providers. Cathy & Marcy will lead in discussion and song to remind us to find our joy and use our power.



Resources, Webinars and Support Group options are a [click](#) away on the Johns Hopkins/SKCCC [website](#). Check out the [2025 list](#) for free support groups, classes and webinars.

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Experienced [professional social workers, healthcare chaplains](#) and other [caring staff](#) are just a phone call away for Johns Hopkins

cancer patients and caregivers. Support is offered in person or by phone – call 410-955-8934 for assistance at JHH East Baltimore, 202-537-4105 in the NCR, and 410-550-0296 at JHH Bayview.

[Johns Hopkins Kimmel Cancer Center in the D.C. Region](#) offers many free support groups as well as yoga, meditation & more. [Email](#) for more info. [Claudia Mayer/Tina Broccolino Cancer Resource Center](#) at Howard County also offers groups and services. [Email](#) for info.

We are here to support you!

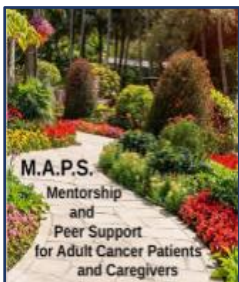
Call 410-955-8934

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

Licensed clinical [social workers, chaplains, housing resources, transportation info, support and guidance](#) - in person or by telephone.

To submit announcements for *Living with Cancer* or if you have questions, please [email](#) the LWC Newsletter editor.

Connect with someone who cares!



The **M.A.P.S. mentorship** program is for all persons with cancer and those who support them. **Caregivers may also become mentors to other caregivers!** If you are seeking support as an adult cancer patient or caregiver ... or if you

would like to serve as a trained mentor to someone affected by cancer, survivor or caregiver, the [M.A.P.S.](#) program is for you, approved and sponsored by The Johns Hopkins Sidney Kimmel Cancer Center!



Sign up by scanning the QR, calling 1-877-HOPENET, or at [Hopkins.org/MAPS](#).



Resources/Support For Women of Color

**“Healing in Color” Support Group (online)
Wednesdays, December 3 & 17, 6:00-7:00 pm**

**[Leah Saliter](#), facilitator
[Wellness House of Annapolis](#)**

Women of color who are impacted by cancer, at any stage – survivorship, metastatic, newly diagnosed or active treatment – are invited. The goal is to empower, educate and support one another. Call 410-990-0941 or [email](#) for more info. You may also [click](#) for all the free offerings of Wellness House.

**[Black Women w/ Breast Cancer Support Group](#)
Thursday, December 4 – 6:30-8:00 pm (online)**

**[Abigail Osei-Tutu](#), LCSW, facilitator
[Smith Center](#) for Healing and the Arts, sponsor**

This virtual group is for those diagnosed with any stage of breast cancer, if newly diagnosed, in treatment or post-treatment. [Register](#) to receive the Zoom link, or call 202-484-8600 for more info about the many ongoing [programs](#).



CANCERCare

CancerCare has resources, info and support for Black and African American persons with cancer. Click this [link](#) for info.

[7 Cancer Support Organizations for Black Women](#)

This list focuses on women with breast and GYN cancers such as endometrial, ovarian, cervical and uterine, and is shared by [Everyday Health](#), an online newsletter about various health topics.

[American Cancer Society Cancer Action Network](#):

Read about [trailblazing black leaders](#) who changed the face of equitable cancer care, including Dr. Jane Cooke Wright known as the “Mother of Chemotherapy”; Dr. LaSalle D. Leffall, Jr., first black president of the American Cancer Society; and Henrietta Lacks of Baltimore.

Tips for Coping during the Holidays ... for Survivors and Those Who Care for Them

- ★ **Make plans.** Connect with friends, family or co-workers virtually by using FaceTime, Zoom, or other internet platform, or connect by telephone or email. Pace yourself in terms of your energy - accept the most appealing invitations, since even remote visiting and telephone calls take energy.
- ★ **Stay safe.** Limit your in-person visiting to close family and remain as socially distant as possible. Keep gatherings small and brief (less than an hour and a half.) Wear masks. Eat outside if possible. If inside, meet only in well-ventilated rooms.
- ★ **Create new traditions.** If you haven't sent holiday cards in the past, try writing a few this year, with brief personal notes. Watch a holiday movie together virtually with group streaming such as [Teleparty](#). Sing along with others via Zoom – you may not win a Grammy, but it could be fun.
- ★ **Feed your spirit.** Find a way to nourish your spirituality. Find strength and sustenance in your faith, e.g. through music, reading, or connecting remotely with your religious community. Many are providing online prayers and/or meditations.
- ★ **Keep it simple.** Do your shopping over the internet or order by phone. Create a gift by sharing your thoughts or feelings in a note or phone call, which is often the best present. Share the chores associated with holiday preparations.
- ★ **Share time and laughter.** The season can bring on a flurry of emotions, from joy to sadness. Both tears and laughter can be healing. Reach out to a “trusted other”. Share your feelings. Be patient with yourself and others. Join in family activities remotely if not in person. Let others know how you feel about them – the best holiday gift of all!

Winter Solstice Celebration
Monday, December 15, 4:00-6:00 pm
[HopeWell Cancer Support](#)
10628 Falls Rd, Lutherville MD



Refreshments, creative activities and a ritual to welcome the season. Please RSVP by [email](#) or call 410-832-2719. Your loved ones are also welcome!

Lung & Esophageal Cancer Support Group
Friday, December 12 – 11am-12noon
At John Hopkins Bayview Cancer Center



This **in-person** support group is for those who want to talk with others with similar diagnoses. [Email](#) or call 410-550-6565 for more info, location and/or to register, especially if you prefer to join by Zoom.

Joyeuses Fêtes!

Felices Fiestas!

Hạnh phúc ngày lễ

Masaya pista opisyal

Jie Ri Yu Kuai

節日快樂

תג שמחה

Trevlig Helg!

Laethanta saoire sona

Boas Festas!

Mutlu Bayramlar!

Buone Feste!

Sarbatori Fericite!

행복 휴일

Vesele Praznike

Selamat Hari Raya!

Sretni praznici!

Καλές δικακοπέδες!

Boldog Ünnepek

Prettige feestdagen

Glade feriedage

Gëzuar Festat

Bones Festes!

Beannachtaí na Féile

幸せな休日

Felix feriarum

Ii holide eximnandi

Forhe Feiertage

Furaha likizo

Hau'oli Lanui

**However you express it, we wish you and yours
the best, now and in the new year to come!**