



Living with Cancer Resources & Support

November 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 Medicare.gov](https://www.medicare.gov) has great information for you!
Check it out today.

Open Enrollment November 1 - December 7

You may now choose a new Medicare Advantage (Part C) or Medicare Part D plan now – coverage which will begin on January 1, 2026.

During the Medicare Open Enrollment Period, you can make the following changes:

- If you have (or are signing up for) Medicare Parts A or B, you can join or drop a Medicare Part D prescription drug plan.
- If you have [original Medicare](#) (Parts A and B), you can switch to a Medicare Advantage plan.
- If you have a Medicare Advantage plan, you can drop it and switch back to original Medicare (Parts A and B).
- If you have a Medicare Advantage plan, you can switch to a different Medicare Advantage plan.
- If you have a Medicare Part D prescription drug plan, you can switch to a different Medicare Part D prescription drug plan.

What Is a SHIP and How Can It Help Me?

4 things to know about State Health Insurance Assistance Programs (SHIPs):

1. SHIP counselors can offer personalized, one-on-one assistance with your Medicare coverage by:

- Reviewing your health and/or prescription drug options and helping you learn about assistance programs that could help with your out-of-pocket Medicare costs.
- Explaining basics, including eligibility guidelines,
- Navigating Medicare coverage and payment, and
- Ensuring your rights are protected under Medicare.

2. SHIP services are offered at no cost to you.

Services are completely free and will never cost you a penny. SHIPs nationally are funded in part by the Administration for Community Living, Office of Healthcare Information and Counseling.

3. SHIP counselors are not selling anything.

They are highly trained and certified to provide free, in-depth, unbiased, one-on-one health insurance counseling and assistance to Medicare beneficiaries and their caregivers. They are not selling insurance plans and do not offer enrollment services.

4. SHIP is for you, everywhere in the USA.

SHIPs are available to you in all 50 states, Puerto Rico, Guam, DC, and the US Virgin Islands. Visit the [SHIP website](#) to find one near you, or call the SHIP National Technical Assistance Center toll free at 877-839-2675.


**Living with Cancer
Resources & Support
November 2025 – p. 2**

Lung Cancer Awareness Month

The most diagnosed cancer worldwide, there are various treatment options depending on the stage of the cancer. Surgery, chemotherapy, radiation, targeted molecular therapies as well as palliative care treatments are offered. Some recommended non-profit support organizations include:



 **LUNGevity**
Transforming Lung Cancer
Emphasizes research, education & support.
[Click for information.](#)

 **GO2 FOR LUNG CANCER**
One-on-one HelpLine, educational materials, video library and more
[Click for more information.](#)

 **RIDE HARD BREATHE EASY**
Provides financial support to patients in need of rides, food, other expenses.
[Click for info or speak with your Johns Hopkins providers.](#)

Survivorship & Screening for Lung Cancer Discussion with [Dr. Stephen Yang](#)
Monday, November 10, 4:00-6:00pm
The Johns Hopkins Hospital Zayed Conf Room
1800 Orleans St, Baltimore MD

Free parking will be provided in a Hopkins garage if you will bring your ticket to the event. For more info or other details, call 443-889-1121 or [email Leslie](#).

Early Breath, Longer Life: Mastering the Art and Science of Lung Cancer
Friday, November 14, 10am-3pm



Speaker: Sara Corckran, Resilience Life Coach
Panel Discussion: Thoracic Oncology Team
Chevy Chase Conference Center, The Johns Hopkins Hospital, 1800 Orleans St., Baltimore

This free in-person conference for those diagnosed with lung cancer and their care partners includes lunch as well as a chance to hear from [Thoracic Oncology Doctors](#) Joy Feliciano, Jeff Thiboutot, Ranh Voong, Richard Battafarano, and [Pharmacist](#) Stefanie Houseknecht. [Click](#) to register (by Nov 7) or call 410-550-6594 if you have questions.



Patients and Survivors of Lung Cancer will be Honored at a Community Outreach Event!
Sat, Nov 1, 10:00 am-1:00 pm

CAKE™ SHOP – 47 E. Padonia Rd, Timonium MD

Come by this local bakery for a free cupcake and information about esophageal cancer prevention and screening, featuring [Stephen Yang, MD](#) of The Johns Hopkins [Division of Thoracic Surgery](#), who will be present to talk with you and answer your questions.

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



I'm a Caregiver, Now What?

Wednesday, Nov 5, 6:30-7:30pm

A practical session for those caring for a loved one with cancer. Learn strategies for navigating the healthcare system, managing stress, boundary setting, and sustaining your well-being as a caregiver.

Guiding the Way: Practical Lessons from a Cancer Navigator's Experience



Monday, Nov 17, 6:30-7:30pm
Using real-world scenarios, we will highlight practical approaches for managing the challenges of hurried physicians, complex treatment options, building an effective care team and addressing emotional and logistical hurdles. You will be better equipped to support yourself or a loved one more confidently as you face a challenging and complex diagnosis.

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

In support of Lung Cancer Survivorship week, The Johns Hopkins Hospital Dome will be lit up with white lights November 10-14!



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

**Living with Cancer
Resources & Support
November 2025 – p. 3**

**Maintaining Your Best Nutrition
and Diet During the Challenges of
Head & Neck Cancer**



Wednesday, Nov 12, 6:30-7:30pm

Speaker: Isabella Nelson, RD, CNSC, LDN, Dietitian

Join us via [Zoom](#) for this presentation, including an open discussion/Q&A with Isabella Nelson, outpatient dietician for Suburban Hospital. Learn about “intuitive eating” and other topics. You may submit questions in advance by emailing [Kim Webster](#) as well as request to be on the monthly email list.



Sponsored by the local chapter of this [SPOHNC](#), with a [Baltimore Facebook](#) page.



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 info.

[Claudia Mayer/Tina Broccolino Cancer Resource Center](#) at Howard County also offers groups and services. [Email](#) for info.



**Support for Those with Breast
Cancer at The Johns Hopkins Kimmel
Cancer Center**

Social workers and others are available to support and advise you. [Tambra Chisolm](#)

LCSW-C is at Green Spring Station, as well as community outreach program advisor [Jill Mull](#). [Aja Lecointe Wilkinson](#) LMSW is on the Baltimore campus -- in person or by phone – working alongside health educator [Elizabeth Saylor](#) in Viragh. Click on their names to email, or you can call 410-955-8934.



The [new name](#) of the non-profit formerly known as **Leukemia & Lymphoma Society** reflects the full scope of the mission to cure [all blood cancers](#).



This [non-profit organization](#) offers a great explanation of Medicare by legal experts – all for free.

[What Should I Know about Medicare – Part 1](#)

Click to view **video of October Webinar**.

[What Should I Know about Medicare – Part 2](#)

Click to register for this live webinar, presented by Senior Staff Attorney Amanda Goodstadt, Esq., on **November 19, 1-2:30pm EST**

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](#).

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.