



# Living with Cancer Resources & Support

## October 2024

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.*

### October Cancer Awareness Study Participation Opportunity



- \*Are you a survivor of [breast cancer](#)?
- \*Do you want to lose weight?
- \*Do you have trouble falling asleep or staying asleep?
- \*Have you finished treatment (other than endocrine therapy or reconstruction) for at least 3 months?

If “yes” to these four questions, you can participate in a telehealth weight loss research study! **Scan QR** for details. [Email](#) or call 410-550-8099 for more info.



**Note: This study involves 5 in-person visits and 27 telehealth sessions over 14 months.**

**We are here to help!**

**Call 410-955-8934**

**The Harry J. Duffey Family  
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 editor.

### 12th Annual Survivorship Program Caring for Self, Others and Our Financial Future

A FREE virtual event for patients & caregivers

**Wednesday, October 23  
12 noon – 1:30 PM  
Online Webinar**



For more information and registration, visit [Hopkins.org/survivorship](https://Hopkins.org/survivorship) or call 410-955-8934.

**Presentations include:** “What You Need to Know: Insurance in 2025” (Monica Fauzy Bryant, Esq, [Triage Cancer](#)); “Eating Well and Thriving” (Elizabeth Soucy, RD, LDN, Johns Hopkins Hospital); and “The Impact of Peer to Peer Support for Survivors and Caregivers” (Samantha Schragger, [Cancer Hope Network](#)).

You may also scan the QR code to sign up.

Hosted by The Harry J. Duffey Family Patient and Family Services Program of the Johns Hopkins Kimmel Cancer Center.



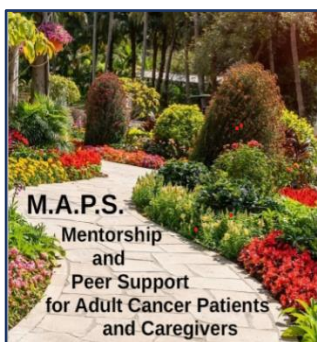
**Resources, Webinars and Support Groups are now just a [click](#) away on the Johns Hopkins SKCCC [website](#).** Check

out the list for free support groups, classes & webinars. [Johns Hopkins Kimmel Cancer Center in the D.C. Region](#) offers free support groups for all, as well as yoga, meditation & more. [Email](#) for details.

## CIA: Chemotherapy-induced alopecia

Many people suffer CIA, [hair loss due to chemotherapy](#), and are unsure about where to turn for support and/or advice about wigs (in medical terms, “cranial/hair prosthesis”). While Medicare Parts A and B do not cover the wig costs, [some private insurance policies do](#) with medical Rx.

[ACS](#) has helpful info, including [tips](#) about wigs as well as [coping](#) strategies. [LLS](#) also has a listing of helpful resources. Lena Fleming (443-519-2574), whose own mother dealt with medical hair loss, offers [non-judgmental advice and guidance](#) as well as customized wigs and follow up support for women of all ethnicities and hair preferences. [Image Recovery](#) (410-502-5623) is located in some hospitals and provides consults by appointment.



### Connect with someone who cares!

Whether you are seeking support as an adult cancer patient or caregiver ... *or* you are looking for a way to provide support as a

trained mentor to another person affected by cancer, the [M.A.P.S.](#) program is for you!



Sign up by scanning the QR code, or by going to [Hopkins.org/MAPS](https://hopkins.org/MAPS).

You can also call 1-877-HOPENET.



This organization offers resources and support for those with a primary [brain malignancy](#) and financial or social support needs, including a [grant for up to \\$1000](#) for equipment and services recommended by a licensed healthcare provider. More info and the application are on the [website](#).

## Open Enrollment for 2025 Insurance - ... call 410-955-8934 if you need help!

### • October 15 - December 7, 2024

#### Pick your 2025 plan!

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

*(If you are happy with your present coverage, you don't need to do anything to renew your Medicare supplement policy for 2025.)*

### • November 1, 2024 - January 15, 2025

#### Maryland Health Connection

Private health plans and Maryland Medical Assistance for 2025. [Click](#) to browse plans and get an estimate of cost. Nine out of 10 people who enroll are eligible for [financial help](#) to pay for the plan.

*All plans available through the [Maryland Health Connection](#) cover important health benefits - doctor visits, prescriptions, mental health services, and more. If you qualify for Medicaid you may enroll any time of the year. [MD Dept of Aging](#) can help you find a counselor; [click](#) or call 1-800-243-3425.*

### Mastering the Fear of Recurrence

Tuesday, October 29, 10:30 am-12 noon – Virtual  
Led by [Julia Rowland, PhD](#)

After treatment ends, fear of cancer recurrence can linger. This session, sponsored by [Smith Center for Healing and the Arts](#), is for anyone struggling with that common anxiety. We'll discuss the triggers of fear and offer simple, powerful tools to help you manage those worries. [Register](#) to participate, or [email](#) for more info.

Using Hyperbaric Oxygen Chambers in Medicine  
Wednesday, October 9, 6:30-7:30 pm – by [Zoom](#)  
[Kelly Johnson-Arbor, MD](#), Guest Speaker



Hear from our speaker about this medical treatment are used for treating wounds, including those from head and neck surgeries. Charles Jewett, a laryngectomee and recent patient, will also share his experience. [Click](#) for Zoom link.